

Fibre content of everyday foods

Maintaining a well balanced diet with plenty of fruit, vegetables and fibre can help you to avoid constipation. You should try to eat approximately 18-30g of fibre per day. The table below provides information on the fibre content found in various everyday foods.

Portion	Fibre Content (grams)	Food
BREAKFAST CEREALS		
Average small bowl	7.2	All-bran [®]
Average small bowl	6.6	Bran Buds [®]
Average small bowl	3.4	Mini Shredded Wheat [®]
Average small bowl	2.6	Bran Flakes [®]
Average small bowl	2.0	Sultana Bran [®]
Average small bowl	1.4	Fruit 'n Fibre [®]
Average small bowl	1.2	Country Store [®]
Average small bowl	2.3	Raisin Splitz [®]
Average small bowl	0.2	Corn Flakes [®]
Average small bowl	2	Muesli
1 biscuit	1.9	Weetabix [®]

Portion	Fibre Content (grams)	Food
FRUIT (RAW)		
1 small	1.3	Eating apples
½ pear	2.6	Avocado pear
1 medium	1.1	Banana
10	1.55	Blackberries
5	3.0	Dates – dried
Small bowl	1.2	Fruit cocktail (canned in juice)
½	1.0	Grapefruit
10	0.6	Grapes
1 medium	1.1	Kiwi fruit
1 slice	1.0	Mango
1 slice	1.5	Melon (cantaloupe)
1 small	2.0	Orange
1 small	1.1	Peach
1 medium	3.3	Pear
1 large slice	1.0	Pineapple
1 small	0.5	Plum
5	2.3	Prunes (dried)
1 tablespoon	0.6	Raisins
10	1.0	Raspberries
1 small	0.6	Tangerine
5	0.7	Strawberries
24	0.5	Sultanas

Portion	Fibre Content (grams)	Food
BREAD		
1 small slice	1.5	Wholemeal
1 small slice	0.9	Brown
1 small slice	0.8	Hovis [®]
1 small slice	0.8	High fibre white
1 mini	1.8	Wholemeal pitta bread

Portion	Fibre Content (grams)	Food
VEGETABLES		
2 tablespoons	2	Carrots
4 slices	0.8	Beetroot
1 tablespoon	0.8	Turnip
Small	2.7	Potatoes – baked with skin
2 average size	1.2	Potatoes – new
Small portion	1.2	Oven chips
2 tablespoons	1.7	Spinach
2 spears	2.4	Broccoli tops (raw)
2 tablespoons	1.1	Cabbage
3 florets	0.5	Cauliflower
1 stick	0.3	Celery – raw
Stem, white portion only	1.1	Leeks
2 tablespoons	3.0	Peas
2 tablespoons	7.8	Broad beans
2 tablespoons	3.7	Butter beans
2 tablespoons	4.3	Red kidney beans
2 tablespoons	2.9	Chickpeas
2 tablespoons	3.0	Baked beans
2 tablespoons	1.5	Lentils – split (boiled)
1 whole	2.7	Corn-on-the-cob
2 tablespoons	0.9	Sweetcorn – can
1 small	0.7	Tomatoes – raw
2 sliced rings	0.3	Green pepper

Portion	Fibre Content (grams)	Food
NUTS		
NUTS SHOULD NOT BE GIVEN TO CHILDREN UNDER 5 YEARS DUE TO THE RISK OF CHOKING		
6 whole	1.0	Almonds
3 whole	0.6	Brazils
10 whole	0.8	Peanuts
Thickly spread on 1 slice bread	1.4	Peanut butter

Portion	Fibre Content (grams)	Food
BISCUITS AND PASTRY		
1	0.4	Cracker – wholemeal
1	0.3	Digestive® (plain)
1	0.2	Gingernuts
1	0.7	Oatcakes
1	0.2	Shortbread
1	0.5	Oat based biscuit
Average size (1)	2.6	Wholemeal scone
Average slice	1.7	Wholemeal fruit cake
1	1.0	Cereal bar

Portion	Fibre Content (grams)	Food
RICE AND PASTA		
2 heaped tablespoons	0.6	Brown boiled rice
3 tablespoons	3.1	Wholemeal spaghetti

