

Food Sources of Dietary Fibre - Recommendation 30 grams or more of fibre each day

Fruit

Apple, 1 medium	150g	3
Apricot, each	70g	1.5
Avocado, 1/2 small	80g	1
Banana, 1 small	120g	2.5
Berries, avg, 1/2 punnet	100g	4.5
Cherries,	100g	1.5
Figs, raw, each	60g	1.5
Fruit Salad, avg serve	200g	3.5
Grapefruit, 1/2 med	125g	1
Grapes, black/green	100g	1
Guava, 1 med	95g	5
Kiwi Fruit, 1 med	100g	3.5
Mandarin, 1 large		2.5
Mango, 1 med	250g	5
Melon, 1 Cup		1.5
Nectarine, 1 avg	110g	2.5
Orange, 1 med	180g	3.5
Passionfruit, 1 Avg	40g	3
Pawpaw	100g	2.5
Peach, 1 med	140g	2
Pear, 1 med	160g	4
Pineapple, 1 slice	120g	2.5
Plum, yellow flesh, 2avg	180g	3.5
Prunes, 6 med		4.5
Quince, 1/2 med, ck		8.5
Raisins or sultanas	20g	1
Rhubarb, stewed, 1/2cp		4
Vegetables		
Artichoke, Jerusalem	100g	3
Asparagus,		
6 fresh spears	120g	2

Green Beans	100g	2.5
Beans, dried cooked 1 cup		11
Broad beans 1/2 cp ck		5
Broccoli, avg serve	100g	4
Brussels sprouts, 5	100g	3.5
Cabbage, 1 cup raw	80g	3
Capsicum, 1/2 med raw	90g	1.5
Carrot, raw 1 med	120g	4
Cauliflower, cooked	100g	2
Celery, raw, 1 stick	50g	1
Chinese greens	100g	3
Corn on cob, 1 avg		5
Corn, can 1 cup	125g	4
Cucumber, 1/2 cup peel	50g	0.5
Eggplant, grill/fry	100g	2.5
Leek, sliced 1/2 cup	45g	1.5
Lettuce, 2 leaves		0.5
Mushrooms, fresh	100g	2.5
Onion, 1 medium		2.5
Parsley, 1/2 cup chopped	30g	1.5
Parsnip, steamed, 1/2 cup	75g	2
Peas, cooked 1/2 cup	80g	4.5
potato, 1 med cooked	150g	2.5
Snow Peas	100g	4
Pumpkin cooked	85g	1.5
Silverbeet, ck 1/2 cup	60g	2
Spinach, ck 1/2 cup	70g	4.5
Sweet potato, cooked	100g	2.5
Tomato, raw 1 med	160g	2
Yam, baked	75g	3.5
Zucchini, 1 med	90g	1.5

Nuts & Seeds

Almonds, 20 whole		3.5
Brazil nuts	50g	4.5
Cashew,	50g	3
Coconut, fresh	50g	6
Hazelnuts	50g	5
Linseeds, 1 Tbl	10g	3
Macadamia	50g	3
Peanuts	50g	4
Pecans	50g	4
Pumpkin seeds	50g	13
Sesame seed, 1 Tbl	10g	1
Sunflower seed, 1 tbl	15g	1.5
Popcorn, 1 cup		1
Corn chips	50g	5

Grains & Grain Products

Barley, 1 cup ck	180g	6.5
Bulgur, 1 cup ck	250g	11
Macaroni, 1 cup ck	150g	2
Egg noodles 1cp ck	160g	1.5
Pasta, spinach, dry	100g	4.5
Polenta, dry	100g	3
Rice, Brown 1cp ck	160g	3
Rice, white 1cp ck	175g	1.5
Semolina, 1cp ck	230g	1.5
Spaghetti, 1cp ck		2
Wholemeal		
Spaghetti, 1cp ck	150g	6

Breakfast Cereals

Bran Plus	45g	20.5
Unprocessed bran		
2 Tbl	12g	5.5
Branflakes, 1 cp	40g	6.5
Cornflakes, 1cp	30g	1
Just right, 1cp	45g	5
Mini wheats, 15	30g	3.5
Muesli flakes, 1cp	40g	3.5
Natural Muesli 1/2cp	60g	6
Multi bran, 1/2 cp	35g	12.5
Puffed wheat, 1 cp	22g	1.5
Rice bran, 1/2 cp	55g	14
Rolled oats, 1/2cp	55g	4
Sultana Bran 1cp	45g	7.5
Sustain, 1cp	60g	5
Vogel's Soy&linseed	45g	14
Weetbix, 2 bisc	30g	3.5
Weeties, 1cp	35g	4
Wheat germ, 2 Tbl	18g	3.5
Bread		
Bread roll, white	60g	2
Bread roll, W'meal	60g	4
Burgen Soy&Linseed	95g	9.5
Fruit loaf, 1 slice	30g	1
Mixed grain, 1 slc	28g	1.5
Muffin, english, 1	65g	1.5
White bread, 2slc	56g	1.5
Wholemeal, 2scl	60g	4
Ryvita, 4	30g	6
Water cracker, 8	20g	1