

Fibre Table

FOOD	SERVING SIZE		TOTAL FIBRE (g)	SOLUBLE FIBRE (g)	INSOLUBLE FIBRE (g)
	DESCRIPTION	GRAMMES			
CARBOHYDRATES					
All Bran	3 tbsp	24	5.9	1.0	4.9
Kidney beans, cooked	1 ½ tbsp	60	4.8	1.2	3.6
Haricot beans, cooked	1 ½ tbsp	60	3.6	1.2	2.4
Pearl barley, raw	Level tbsp	20	3.1	0.8	2.3
Bran Flakes	3 tbsp	24	3.1	0.3	2.9
Rye crisp bread	2	20	3.1	1.3	1.8
Baked beans	2 tbsp	60	3.0	1.0	2.0
Lentils, cooked	1 ½ tbsp	60	3.0	0.3	2.7
Butter beans, cooked	1 ½ tbsp	60	2.9	0.8	2.1
Shredded Wheat	1 bisc	23	2.8	0.4	2.4
Grapenuts	3 tbsp	24	2.8	0.8	2.0
Sweet potato, flesh only	1 serving	90	2.8	1.2	1.6
Pasta, whole wheat, cooked	2 tbsp	60	2.8	0.6	2.2
Chick peas, cooked	1 ½ tbsp	60	2.6	0.8	1.8
Wholemeal bread	1 slice	36	2.5	0.5	2.0
Quinoa, raw	Level tbsp	20	2.4	0.9	0.5
Pearl barley, cooked	2 tbsp	60	2.3	0.6	1.7
Weetabix	1 bisc	20	2.0	0.3	1.7
Muesli	1 heaped tbsp	20	2.0	0.9	1.1
New potatoes cooked in their skins	1 serving	120	2.0	1.2	0.8
Granary bread	1 slice	36	1.9	0.8	1.1
Wholemeal pitta	Half	30	1.6	0.3	1.3
Porridge oats	1 heaped tbsp	20	1.5	0.8	0.7
Rye bread	1 slice	25	1.4	0.6	0.8
Bulgur wheat, raw	Level tbsp	20	1.3	0.3	1.0
Oatcake	1	13	1.0	0.6	0.4
Pasta, white, cooked	2 tbsp	60	0.9	0.4	0.5
White bread	1 slice	36	0.8	0.4	0.4
Rice, brown, cooked	2 tbsp	60	0.6	0.2	0.4

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Rice, white, cooked	2 tbsp	60	0.1	0.0	0.1
FATS					
Flaxseeds	1 dsp	7	1.9	0.6	1.3
Almonds	4 nuts	8	0.8	0.1	0.7
Peanut butter, smooth	1 tsp	11	0.8	0.2	0.6
Sesame seeds	1 dsp	7	0.8	0.3	0.5
Sunflower seeds	1 dsp	7	0.7	0.3	0.4
Walnuts	3 halves	10.5	0.5	0.2	0.3
VEGETABLES					
Peas	3 heaped tablespoons	80	5.4	1.6	3.8
Carrots	3 heaped tablespoons	80	2.7	1.5	1.2
Green beans	4 heaped tablespoons	80	2.5	0.6	1.9
Broccoli	2 spears	80	2.4	1.2	1.2
Cauliflower	8 florets	80	2.2	0.9	1.3
Spinach	1 cereal bowl raw or 2 heaped tablespoons cooked	80	2.2	0.7	1.5
Brussels sprouts	8	80	2.1	1.1	1.0
Okra	16 medium	80	2.0	0.5	1.5
Kale	4 heaped tablespoons	80	1.6	0.4	1.2
Cabbage, red	1/6th small cabbage or 2 handfuls sliced	80	1.6	0.6	1.0
Turnip	3 heaped tablespoons	80	1.6	0.6	1.0
Asparagus	5 spears	80	1.5	0.9	0.6
Onion, fresh	1 medium	80	1.5	0.8	0.7
Pepper	1/2	80	1.4	0.6	0.8
Celery	3 sticks	80	1.2	0.5	0.7
Sweetcorn	3 heaped tablespoons or 1 cob	60	1.2	0.4	0.8
Lettuce, iceberg	1 cereal/desert bowl	80	1.1	0.2	0.9
Tomato, fresh	1 medium, or 7 cherry	80	1.0	0.1	0.9
Mushrooms	14 button or 3 handfuls of slices, 3-4 heaped tablespoons	80	0.9	0.1	0.8
Cucumber	5 cm (2 inch) piece	80	0.7	0.3	0.4