

## Fibre Content of Common Foods

<b>Breads and cereals</b>	<b>Serving size</b>	<b>Fibre (grams)</b>
Whole meal bread	30g/1 slice	2.0
White bread	28g/1 slice	1.0
White rice	1 cup cooked	1.5
Brown rice	1 cup cooked	3.0
Oats – raw	½ cup raw	4.0

  

<b>Fruit and vegetables</b>	<b>Serving size</b>	<b>Fibre (grams)</b>
Apple	1 medium	3.0
Orange	1 medium	3.5
Banana	1 small	2.5
Sultanas	30g	1.5
Dried Apricot	25g/6 small	2.5
Fruit snack pack e.g. pears	140g	2.9
Potato, no skin	1 medium	1.0
Potato, skin	1 medium	1.7
Carrots, cooked	½ cup	3.0
Green Beans, cooked	100g	2.5
Pumpkin, cooked	85g	1.5
Salad	1 cup	1-2
Baked Beans	220g /½ can	10.5
Peanut Paste	1 tbsp	2.0