

## Increase Your Fibre

Fibre helps control blood sugar levels, keeps you feeling full longer, and promotes bowel health. **Aim for 25-38 grams of fibre per day.**

<b>Vegetables</b>	<b>Serving size</b>	<b>Fibre (g)</b>
Artichoke, cooked	1 medium	4.7
Edamame	½ cup (125 mL)	4.3
Lima beans, cooked	½ cup (125 mL)	4.0
Potato, cooked with skin	1 medium	3.8
Pumpkin, canned	½ cup (125 mL)	3.8
Green peas, cooked	½ cup (125 mL)	3.7
Brussels sprouts, cooked	4 sprouts	3.2
Parsnips, cooked	½ cup (125 mL)	2.7
Snow peas, cooked	½ cup (125 mL)	2.4
Spinach, cooked	½ cup (125 mL)	2.3
Sweet corn, canned	½ cup (125 mL)	2.3
Broccoli, cooked	½ cup (125 mL)	2.0
Sweet potato, cooked with skin	½ medium	1.9
Swiss chard, cooked	½ cup (125 mL)	1.9
Portobello mushroom, cooked	½ cup (125 mL)	1.9
Carrots, cooked	½ cup (125 mL)	1.9
Beets, canned	½ cup (125 mL)	1.9
Cauliflower, cooked	½ cup (125 mL)	1.9
<b>Fruit</b>	<b>Serving size</b>	<b>Fibre (g)</b>
Avocado	½ medium	6.7
Pear, with skin	1 medium	5.0
Raspberries	½ cup (125 mL)	4.2
Prunes, cooked	4 tbsp (60 mL)	3.6
Apple, with skin	1 medium	2.6
Kiwifruit	1	2.3
Orange	1 medium	2.3
Nectarine	1 medium	2.3
Banana	1 medium	2.1
Blueberries, raw	½ cup (125 mL)	2.0
Grapefruit	½ medium	2.0
Mango	½ medium	1.9
Peach	1 medium	1.9

## Increase Your Fibre

<b>Grain Products</b>	<b>Serving size</b>	<b>Fibre (g)</b>
Fibre 1, General Mills™	1 cup (250 mL)	28.2
All Bran, Kellogg's™	1 cup (250 mL)	23.6
All Bran Buds with Psyllium, Kellogg's™	1/3 cup (75 mL)	11.3
Bran Flakes, Post™	1 cup (250 mL)	7.4
Shreddies, Post™	1 cup (250 mL)	6.3
Corn Bran, Quaker™	1 cup (250 mL)	6.1
Pasta, whole wheat	1 cup (250 mL)	4.8
Pita Bread, whole wheat (6 inch)	1	4.7
Oat Bran, cooked	¾ cup (175 mL)	3.4
Bulgur, cooked	¾ cup (175 mL)	2.7
Oatmeal, instant, large flake and quick	¾ cup (175 mL)	2.6
English muffin, whole wheat	1	2.6
Bread, mixed grain	1 slice	2.2
Roll, whole wheat	1	2.1
Barley, cooked	½ cup (125 mL)	2.0
Wild rice, cooked	½ cup (125 mL)	1.6
Brown rice, cooked	½ cup (125 mL)	1.5
Wheat crackers	4	1.4
<b>Meat and alternatives/other</b>	<b>Serving size</b>	<b>Fibre (g)</b>
Black beans, canned	¾ cup (175 mL)	12.2
Kidney beans, canned	¾ cup (175 mL)	12.1
Baked beans, homemade	¾ cup (175 mL)	10.3
Navy beans, canned	¾ cup (175 mL)	9.9
White beans, canned	¾ cup (175 mL)	9.3
Soybeans, cooked	¾ cup (175 mL)	8.0
Chickpeas, canned	¾ cup (175 mL)	7.8
Lentils, cooked	¾ cup (175 mL)	6.2
Black eyed peas, canned	¾ cup (175 mL)	5.9
Almonds, roasted	4 tbsp (60 mL)	4.1
Chia Seed, dried	1 tbsp (15 mL)	3.7
Hummus	4 tbsp (60 mL)	3.4
Psyllium Husk	1 tbsp (15 mL)	3.4
Pistachios, shelled and roasted	4 tbsp (60 mL)	3.2
Flaxseed, whole and ground	1 tbsp (15 mL)	3.0
Peanuts, shelled and roasted	4 tbsp (60 mL)	3.0
Peanuts, shelled and roasted	4 tbsp (60 mL)	2.9
Pumpkin seeds, roasted	4 tbsp (60 mL)	1.4

Canadian Nutrient File “Nutrient Value of Some Common Foods“, Health Canada, 2008.