

Fibre Scoreboard

Diets higher in dietary fibre are linked with many health benefits, including lower risk of heart disease and colon cancer. Also, high fibre foods may help you to feel full longer, which can help in achieving and maintaining a healthy weight.

Eating a variety of foods that contain fibre, such as grain products, vegetables, fruits and legumes, will put you on your way to meeting your daily fibre needs!

How much fibre do I need?

According to Canadian and American guidelines, children (over 4 years) and adults should aim for at least 25 grams of fibre per day¹.

Most Canadians eat about half the recommended amount of fibre. However, this can be improved by eating more whole grains, legumes, vegetables, and fruit.

¹Source: Dietary Reference Intakes for Energy, Carbohydrates, Fibre, Fat, Protein and Amino Acids (Macronutrients), (2002).

Vegetables	g fibre
Peas, fresh green, cooked (½ cup)	5.6
Potato with skin, baked (1 medium)	3.8
Brussels sprouts, cooked (½ cup)	3.0
Yam, cooked (½ cup)	2.8
Parsnips, cooked (½ cup)	2.7
Spinach, boiled (½ cup)	2.3
Broccoli, boiled (½ cup)	2.0
Corn, cooked (½ cup)	1.7
Beans, green or yellow, boiled (½ cup)	1.6
Tomato (1 medium)	1.5
Carrots, raw (1 medium)	1.5
Summer squash, boiled (½ cup)	1.3
Cabbage, boiled (½ cup)	1.3
Broccoli, raw (½ cup)	1.1
Cauliflower, raw (½ cup)	0.9
Celery, raw (1 medium stalk)	0.6

Fruit	g fibre
Pear (1 medium)	5.0
Dates (3 fruits)	4.8
Raspberries (½ cup)	4.2
Strawberries (1 cup)	3.9
Mango (1 medium)	3.7
Papaya (½ fruit)	2.7
Apple with skin (1 medium)	2.6
Rhubarb, cooked (½ cup)	2.5
Kiwi (1 medium)	2.3
Orange (1 medium)	2.3
Carrots, boiled (½ cup)	2.2
Banana (1 medium)	2.1
Apricots (3 fresh)	2.1
Grapefruit (½ fruit)	2.0
Blueberries (½ cup)	2.0
Peach (1 medium)	1.9
Cantaloupe (½ fruit)	1.9
Grapes (1 cup)	1.9
Prunes (3 small)	1.8
Applesauce (½ cup)	1.5
Dried apricots (6 halves)	1.5
Raisins (¼ cup)	1.5
Pineapple canned in juice (½ cup)	1.2
Plums (1 medium)	1.1
Watermelon (½ cup)	0.3
Apple juice (1 cup)	0.2

Grain Products	g fibre
All Bran Buds® (⅓ cup)	13.0
All Bran® (½ cup)	10.0
Shredded Wheat® (2 biscuits)	6.0
Corn Bran® (1 cup)	5.0
Whole wheat pita (1)	4.7
Bran flakes (1 cup)	4.5
Chapatis/rotis/pulka	3.0
Oatbran, cooked (¾ cup)	2.7
Whole wheat bread (1 slice)	2.4
Rolled oats, cooked (¾ cup)	2.4
Pasta, cooked (1 cup)	1.8
Brown rice, long grain, cooked (½ cup)	1.5
Plain muffin (1 medium)	1.2
White bread (1 slice)	0.8
Corn flakes (1 cup)	0.7
Bannock (1 medium)	0.5
White rice, long grain, cooked (½ cup)	0.4

Milk and Alternatives	g fibre
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All Milk and Alternatives	0.0
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Meat and Alternatives	g fibre
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Dahl (1 cup)	13.0
Chili with beans (1 cup)	9.8
Baked beans (½ cup)	7.4
White beans, cooked (½ cup)	6.5
Kidney beans, cooked (½ cup)	6.2
Peanuts (½ cup)	6.2
Black eyed peas, cooked (½ cup)	5.9
Split pea soup (1 cup)	5.0
Lentils, cooked (½ cup)	4.5
Flax seed, ground (1 Tbsp)	3.0
Hazelnuts (10 nuts)	1.5
Minestrone soup (1 cup)	1.0
Almonds (10 nuts)	1.0
All meat, poultry and fish	0.0

Fibre amounts from Health Canada, Canadian Nutrient File, version 2007b and product labels where brand names are listed.

A high fibre day

Getting enough fibre in your day is easier than you think. Check out the sample menu below to see how you and your family can get the fibre you need:

Breakfast	g fibre
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1 medium orange	2.3
1 cup (250 mL) Corn Bran®	5.0
1 cup (250 mL) low fat milk	0.0

Morning Snack	g fibre
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½ whole wheat pita	2.4
¼ cup (60 mL) hummus	3.4

Lunch	g fibre
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Tuna Sandwich:	
½ cup (125 mL) tuna	0.0
2 slices whole wheat bread	4.8
1 medium tomato, sliced	1.5
1 cup (250 mL) low fat milk	0.0
½ cup (125 mL) blueberries	2.0

Afternoon Snack	g fibre
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½ cup (125 mL) raw carrots	1.9
½ oz (15 g) low fat cheese	0.0

Dinner	g fibre
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2 ½ oz (75 g) grilled chicken breast	0.0
1 cup (250 mL) brown rice	1.5
1 cup (250 mL) romaine lettuce salad	1.2
½ cup cooked broccoli and cauliflower	1.9
1 cup (250 mL) water	0.0
½ cup (125 mL) raspberries	4.2
1 slice angel food cake (1/12 cake)	0.1

Evening Snack	g fibre
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1 medium fresh pear with skin	5.0
½ cup (125 mL) low fat yogurt	0.0

Total grams fibre	37.2
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