



Patient & Family Guide
2017

Fibre Content of Foods



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Fibre Content of Foods

Fibre is the part of a plant that your body cannot digest. It is found in whole grain products, vegetables, fruits and legumes.

*Note: Please compare the fibre amounts listed below to food labels whenever possible as manufacturers change their formulations often.

Vegetables and fruits

Vegetables	Grams of fibre
Artichoke, cooked, 1 medium	10.3
Peas, cooked, 1 cup (250 mL)	8.8
Sweet potato, cooked, mashed, 1 cup (250 mL)	8.2
Broccoli, cooked, 1 cup (250 mL)	5.5
Rhubarb, sweetened, frozen, cooked, 1 cup (250 mL)	4.8
Spinach, cooked, 1 cup (250 mL)	4.3
Corn, cooked, 1 cup (250 mL)	3.9
Potato, baked, with skin, 1 medium	3.8
Chard, Swiss, cooked, 1 cup (250 mL)	3.7
Asparagus, cooked, 6 spears, ½ cup (125 mL)	3.6
Potato, mashed, 1 cup (250 mL)	3.6

Vegetables	Grams of fibre
Turnip (rutabaga), cooked, 1 cup (250 mL)	3.1
Potato, boiled, without skin, 1 medium	3.0
Cauliflower, cooked, 1 cup (250 mL)	2.9
Squash, baked, ½ cup (125 mL)	2.9
Cabbage, cooked, 1 cup (250 mL)	2.8
Onions, raw, 1 cup (250 mL)	2.7
Kale, cooked, chopped, 1 cup (250 mL)	2.6
Eggplant, cooked, 1 cup (250 mL)	2.5
Peas and carrots, frozen, cooked, ½ cup (125 mL)	2.5
Squash, summer, cooked, 1 cup (250 mL)	2.5
Mixed vegetables, frozen, cooked, ½ cup (125 mL)	2.5
Tomato purée, canned, ½ cup (125 mL)	2.4
Carrots, cooked, ½ cup (125 mL)	2.3
Brussels sprouts, cooked, ½ cup (125 mL)	2.0
Carrot, raw, 1 medium	2.0
Green pepper, raw, 1 medium	2.0
Green beans, cooked, ½ cup (125 mL)	2.0

Vegetables	Grams of fibre
Cabbage, raw, 1 cup (250 mL)	1.8
Beets, cooked, ½ cup (125 mL)	1.7
Potato, french fried, 10 pieces	1.6
Zucchini, ½ cup (125 mL)	1.3
Celery, raw, 1 medium stalk	1.0
Mushrooms, raw, 1 cup (250 mL)	0.7
Spinach, raw, 1 cup (250 mL)	0.7
Tomato, raw, 1 medium	0.7
Lettuce, raw, 1 cup (250 mL)	0.7
Cucumber, raw, ½ cup (125 mL)	0.4

Juices	Grams of fibre
Orange juice, 1 cup (250 mL)	1.5
Peach and pear nectar, 1 cup (250 mL)	1.5
Tomato juice, 1 cup (250 mL)	1.0
All clear juices, 1 cup (250 mL)	0.2

Dried fruit	Grams of fibre
Currants, ½ cup (125 mL)	4.9
Raisins, ½ cup (125 mL)	2.9
Dates, 4	2.6
Apricots, 3	2.1
Fig, 1	1.4
Prunes, 2	1.1

Fruit	Grams of fibre
Avocado, 1 medium	11.8
Papaya, 1 medium	5.5
Pear, raw, 1 medium	5.1
Cranberries, raw, 1 cup (250 mL)	4.4
Raspberries, raw, ½ cup (125 mL)	4.0
Pears, canned, ½ cup (125 mL)	4.0
Blackberries, ½ cup (125 mL)	3.8
Blueberries, 1 cup (250 mL)	3.5
Apple, with skin, 1 medium	3.3
Pineapple, canned or raw, ½ cup (125 mL)	3.2
Banana, 1 medium	3.1
Orange, 1 medium	3.1
Applesauce, unsweetened, 1 cup (250 mL)	2.7
Kiwi fruit, 1 medium	2.3

Fruit	Grams of fibre
Apricots, raw, 3 medium	2.1
Apple, without skin, 1 medium	1.7
Cantaloupe, chopped, 1 cup (250 mL)	1.6
Cherries, 10	1.6
Peaches, canned in juice, ½ cup (125 mL)	1.6
Peach, raw, 1 medium	1.5
Strawberries, raw, ½ cup (125 mL)	1.5
Tangerine, 1 medium	1.5
Apricots, canned, 4 halves	1.4
Honeydew melon, chopped, 1 cup (250 mL)	1.4
Grapefruit, ½ medium	1.3
Fruit cocktail, canned, ½ cup (125 mL)	1.2
Mandarin oranges, canned in juice, ½ cup (125 mL)	0.9
Plum, raw, 1 medium	0.9
Grapes, 1 cup (250 mL)	0.8
Watermelon, 1 cup (250 mL)	0.6

Meat and alternatives

Meat and alternatives	Grams of fibre
Soybean miso, 1 oz	1.5
Soybean tofu, raw, ½ cup (125 mL)	1.5
All meat, fish and poultry	0

Legumes	Grams of fibre
Lentils, cooked, 1 cup (250 mL)	15.6
Pinto beans, 1 cup (250 mL)	15.4
Lima beans, 1 cup (250 mL)	14.0
Baked beans, 1 cup (250 mL)	13.9
Kidney beans, canned, 1 cup (250 mL)	13.6
Blackeyed peas (cowpeas), 1 cup (250 mL)	11.2
Chickpeas (garbanzo beans), canned, 1 cup (250 mL)	10.6
Soybeans, 1 cup (250 mL)	10.3
Broad beans, 1 cup (250 mL)	9.5
Split peas, ½ cup (125 mL)	8.0
Split pea soup, canned, 1 cup (250 mL)	4.0
3-bean salad, ½ cup (125 mL)	3.0

Nuts and seeds	Grams of fibre
Coconut, 1 oz (28 g)	4.6
Almonds, raw, 1 oz (28 g), 24 nuts	3.4
Sunflower seeds, 1 oz (28 g)	3.1
Pistachios, 1 oz (28 g), 47 nuts	2.9
Pecans, 1 oz (28 g), 20 halves	2.7
Hazelnuts, 1 oz (28 g)	2.6
Mixed nuts, 1 oz (28 g)	2.5
Chestnuts, 1 oz (28 g), 2.5 nuts	2.3
Peanuts, 1 oz (28 g), 1/3 cup (80 mL)	2.2
Brazil nuts, 1 oz (28 g), 6-8 nuts	2.1
Walnuts, 1 oz (28 g), 14 halves	1.9
Peanut butter, 2 Tbsp (30 mL)	1.9
Sesame seeds, 1 Tbsp (15 mL)	1.1
Cashews, 1 oz (28 g), 18 nuts	0.8

Grain products

Cooked cereals	Grams of fibre
Oat bran cereal, 1 cup (250 mL)	5.7
Oatmeal, 1 cup (250 mL)	4.0
Oatmeal, instant, 1 oz package	2.8
Farina, 3/4 cup (175 mL)	2.4
Cream of Wheat®, 3/4 cup (180 mL)	1.2

Cold cereals	Grams of fibre
Fibre 1™, Crunchy Original, ½ cup (125 mL)	14.0
All-Bran™ Buds, Kellogg's®, ⅓ cup (80 mL)	12.9
All-Bran™, Kellogg's®, ½ cup (125 mL)	12.0
Fibre Plus, Kellogg's®, ¼ cup (60 mL)	10.0
Bran, 100%, Post®, ⅓ cup (80 mL)	8.3
Raisin Bran®, Kellogg's®, 1 cup (250 mL)	6.5
Granola, homemade, ½ cup (125 mL)	5.5
Bran Flakes, Post®, ¾ cup (180 mL)	5.3
Granola, Nature's Path™, ½ cup (125 mL)	5.0
Oatmeal Crisp™, Crunchy Almond, General Mills, 1 cup (250 mL)	4.1
Müslix, Almond Raisin, Kellogg's®, ⅔ cup (150 mL)	4.0
Just Right®, Fruit & Nut Fusion, Kellogg's®, 1 cup (250 mL)	3.1
Cheerios®, General Mills, 1 cup (250 mL)	3.0
Shredded Wheat, Post®, 1 rectangular biscuit	2.9
Grape Nuts® Flakes, Post®, ¾ cup (180 mL)	2.6

Cold cereals	Grams of fibre
Life [®] , Original, Quaker [®] , ¾ cup (180 mL)	2.1
Puffed wheat, Quaker [®] , 1 ¼ cups (300 mL)	1.4
Alpha-Bits, Post [®] , 1 cup (250 mL)	1.3
Golden Grahams Crunch [™] , General Mills, ¾ cup (180 mL)	1.0
Froot Loops [®] , Kellogg's [®] , 1 cup (250 mL)	0.9
Corn Flakes [®] , Kellogg's [®] , 1 cup (250 mL)	0.8
Honeycomb, Post [®] , 1 ⅓ cups (320 mL)	0.7
Special K [®] , Kellogg's [®] , 1 cup (250 mL)	0.7
Frosted Flakes [®] , Kellogg's [®] , ¾ cup (180 mL)	0.6
Crispix [®] , Kellogg's [®] , 1 cup (250 mL)	0.3
Rice Krispies [®] , Kellogg's [®] , 1 ¼ cup (300 mL)	0.3
Puffed rice, Quaker [®] , 1 cup (250 mL)	0.2

Breads	Grams of fibre
Whole Grain bagel, Country Harvest, 1	6.0
Bran bread, Prairie Bran, Country Harvest™, 1 slice	4.0
Tortilla, corn or flour, 1 medium	3.0
Pita, whole wheat, 1 large	2.0
Pita, white, 1 large	1.0
Multigrain bread, 100% Whole Grains, Dempster's®, 1 slice	2.0
Whole Grains bread, 100%, Ancient Grains with Quinoa, Dempster's®, 1 slice	2.0
12 Grain bread, Country Harvest™ or Dempster's®, 1 slice	2.0
English muffin, wheat, Ben's®, 1	1.9
Whole wheat bread, 1 slice	1.9
Rye bread, light, 1 slice	1.9
Pumpernickel bread, 1 slice	1.7
Oatmeal bread, 1 slice	1.1
Raisin bread, 1 slice	1.1
French bread, 1 slice	0.8
White bread, 1 slice	0.6

Grains	Grams of fibre
Flax seed, ground, ½ cup (125 mL)	16.0
Bulgur, cooked, 1 cup (250 mL)	8.2
Wheat germ, ½ cup (125 mL)	7.5
Barley, cooked, 1 cup (250 mL)	6.0
Rice, brown, cooked, 1 cup (250 mL)	3.5
Popcorn, popped, small bag (28 g)	3.0
Rice, wild, cooked, 1 cup (250 mL)	3.0
Couscous, cooked, 1 cup (250 mL)	2.2
Wheat bran, 1 Tbsp (15 mL)	1.6
Rice, white, cooked, 1 cup (250 mL)	0.6

Flours	Grams of fibre
Rye flour, dark, 1 cup (250 mL)	28.9
Rye flour, light, 1 cup (250 mL)	14.9
Whole wheat flour, 1 cup (250 mL)	14.6
Corn flour, 1 cup (250 mL)	10.9
Cornmeal, whole grain, 1 cup (250 mL)	8.9
Soy flour, 1 cup (250 mL)	8.1
Rice flour, brown, 1 cup (250 mL)	7.3
Cornmeal, yellow, degermed, 1 cup (250 mL)	5.5
Potato flour, ½ cup (125 mL)	5.5
White wheat flour, 1 cup (250 mL)	3.4

Milk and alternatives

Milk products	Grams of fibre
Yogurt, Activia® Source of Fibre (100 g)	2.0
Milk	0
Cheese	0
Ice cream	0
Yogurt	0

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LC85-0656 Updated May 2017

The information in this pamphlet is to be updated every 3 years or as needed.