



Patient & Family Guide
2024

Fibre Content of Foods



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Fibre Content of Foods

- Fibre is the part of a plant that your body cannot digest (break down). It is found in whole grain products, fruits, vegetables, and legumes.
- A food is a source of fibre if it has at least 2 grams of fibre in each serving.
- Talk with your dietitian to make sure you are eating enough fibre.

How to check for fibre on food labels

- The “% Daily Value” (DV) section on food labels tells you if there is a little or a lot of a nutrient in 1 serving.
- 5% or less is considered a little. 15% or more is considered a lot. Check food labels for the DV of fibre in a serving.
- Compare the fibre amounts listed in this pamphlet to the fibre amounts on food labels when you can. Food companies change their products often and the amount of fibre may be different.

Recommended fibre amounts a day

Age	Females (grams a day)	Males (grams a day)
1 to 3 years	19 grams	19 grams
4 to 8 years	25 grams	25 grams
9 to 13 years	26 grams	31 grams
14 to 18 years	26 grams	38 grams
19 to 50 years	25 grams	38 grams
51 years and over	21 grams	30 grams

If you are pregnant, breastfeeding, or chest feeding:

- › You should have 28 grams of fibre a day.

To find this daily fibre information and more, visit:

- › <https://cdhf.ca/en/recommended-daily-fibre-intake/>

Fibre Sources

Fruits and Vegetables

Very high source of fibre: 6 grams or more of fibre a serving

- 1 medium artichoke (cooked)
- 1 cup (250 ml) peas (cooked)
- 1 cup (250 ml) sweet potato (cooked, mashed)
- 1 medium avocado
- 1 medium papaya
- ½ cup edamame

Fruits and Vegetables

High source of fibre: 4 grams or more of fibre a serving

- 1 cup (250 ml) broccoli (cooked)
- 1 cup (250 ml) rhubarb (cooked from frozen, sweetened)
- 1 cup (250 ml) corn (cooked)
- 1 medium potato, with skin (baked)
- 1 cup (250 ml) Swiss chard (cooked)
- 1 cup (250 ml) turnip or rutabaga (cooked)
- ½ cup (125 ml) peas and carrots (cooked from frozen)
- ½ cup (125 ml) mixed vegetables (cooked from frozen)
- ½ cup (125 ml) raisins
- 4 dates
- 1 medium apple, with skin
- 1 medium pear (raw)
- 1 cup (250 ml) cranberries (raw)
- ½ cup (125 ml) raspberries (raw)
- ½ cup (125 ml) blackberries (raw)

Fruits and Vegetables

Source of fibre: 2 grams or more of fibre a serving

- 1 cup (250 ml) spinach (cooked)
- ½ cup (125 ml) asparagus (cooked)
(about 6 spears)
- 1 cup (250 ml) potato (mashed)
- 1 medium potato, without skin (boiled)
- 1 cup (250 ml) cauliflower (cooked)
- ½ cup (125 ml) squash (baked)
- 1 cup (250 ml) summer squash (cooked)
(not zucchini – see page 7)
- 1 cup (250 ml) cabbage (cooked)
- 1 cup (250 ml) onion (raw)
- 1 cup (250 ml) kale (cooked, chopped)
- 1 cup (250 ml) eggplant (cooked)
- ½ cup (125 ml) tomato purée, canned
- ½ cup (125 ml) carrots (cooked)
- ½ cup (125 ml) Brussels sprouts (cooked)
- 1 medium green pepper (raw)
- ½ cup (125 ml) beans (cooked)
- 1 cup (250 ml) cabbage (raw)
- 1 cup (250 ml) prune juice
- ½ cup prunes (stewed)

Fruits and Vegetables

Source of fibre: 2 grams or more of fibre a serving (continued)

- ½ cup (125 ml) currants
- 3 medium apricots (raw)
- 1 cup (250 ml) blueberries (raw)
- 10 cherries
- ½ cup (125 ml) pineapple (canned or raw)
- 1 medium banana
- 1 medium orange
- 1 medium kiwi
- 1 medium apple, without skin
- 1 cup (250 ml) unsweetened applesauce
- ½ cup (125 ml) peaches (canned in juice)

Fruits and Vegetables

Little or no source of fibre: Less than 2 grams of fibre a serving

- 1 medium carrot (raw)
- ½ cup (125 ml) beets (cooked)
- 1 cup zucchini (raw)
- 1 medium stalk celery (raw)
- 1 cup (250 ml) spinach (raw)
- 1 medium tomato (raw)
- 1 cup (250 ml) lettuce (raw)
- ½ cup (125 ml) cucumber (raw)
- 1 large fig
- 1 cup (250 ml) cantaloupe (chopped)
- 1 cup (250 ml) honeydew melon (chopped)
- 1 cup (250 ml) watermelon
- 1 medium peach (raw)
- 1 medium plum (raw)
- ½ cup (125 ml) strawberries (raw)
- 1 medium tangerine
- 4 apricot halves, canned
- ½ cup (125 ml) mandarin oranges, canned in juice
- 1 cup (250 ml) grapes

Grains

Very high source of fibre: 6 grams or more of fibre a serving

- 1 cup (250 ml) oat bran cereal
- 1 cup (250 ml) barley (cooked)
- ½ cup (125 ml) Fibre One™ Crunchy Original cereal
- ⅓ cup (80 ml) Kellogg's® All-Bran® Buds cereal
- ½ cup (125 ml) Kellogg's® All-Bran® cereal
- ⅓ cup (80 ml) Post® 100% Bran cereal
- 1 cup (250 ml) Kellogg's Raisin Bran® cereal
- ¾ cup (180 ml) Post® Bran Flakes cereal
- 1 cup (250 ml) bulgur (cooked)
- 1 cup (250 ml) barley (cooked)
- 1 cup (250 ml) whole wheat pasta (cooked)
- 2 Tbsp (30 ml) psyllium
- 1 cup (250 ml) rye flour (dark or light)
- 1 cup (250 ml) whole wheat flour
- 1 cup (250 ml) corn flour
- 1 cup (250 ml) whole grain corn meal
- 1 cup (250 ml) soy flour

Grains

High source of fibre: 4 grams or more of fibre a serving

- 1 cup (250 ml) oatmeal
- $\frac{3}{4}$ cup millet (cooked)
- $\frac{1}{2}$ cup (125 ml) generic granola
- 2 Tbsp ground flax seeds
- $\frac{1}{2}$ cup (125 ml) wheat germ
- 1 cup (250 ml) brown rice flour
- 1 cup (250 ml) yellow degermed corn meal

Source of fibre: 2 grams or more of fibre a serving

- 1 cup (250 ml) Cheerios™ cereal
- 1 biscuit Post® Shredded Wheat
- 1 Country Harvest™ 14 Grains bagel
- 1 Ben's™ wheat English muffin
- 1 slice Wonder® whole wheat bread
- 1 cup (250 ml) brown rice (cooked)
- 1 small bag (28 g) popcorn, popped
- 1 cup (250 ml) couscous (cooked)
- 1 Tbsp (15 ml) wheat bran

Grains

Little or no source of fibre: Less than 2 grams of fibre a serving

- 1 Tbsp (15 ml) wheat bran
- $\frac{3}{4}$ cup (175 ml) farina
- $\frac{3}{4}$ cup (180 ml) Cream of Wheat®
- 1 slice Wonder® white bread

Protein Foods

Very high source of fibre: 6 grams or more of fibre a serving

- $\frac{1}{2}$ cup (125 ml) tempeh (cooked)
- 1 cup (250 ml) lentils (cooked)
- 1 cup (250 ml) pinto beans
- 1 cup (250 ml) lima beans
- 1 cup (250 ml) baked beans
- 1 cup (250 ml) kidney beans, canned
- 1 cup (250 ml) black-eyed peas (cowpeas)
- 1 cup (250 ml) chickpeas (garbanzo beans), canned
- 1 cup (250 ml) soybeans
- 1 cup (250 ml) fava beans (broad beans)
- $\frac{1}{2}$ cup (125 ml) split peas
- 1 oz (28 grams) chia seeds

Protein Foods

High source of fibre: 4 grams or more of fibre a serving

- 1 oz (28 grams) coconut

Source of fibre: 2 grams or more of fibre a serving

- 2 Tbsp hummus
- 1 oz (28 grams) almonds (raw)
(about 24 almonds)
- 1 oz (28 grams) sunflower seeds
- 1 oz (28 grams) pistachios
(about 47 pistachios)
- 1 oz (28 grams) pecans (20 pecan halves)
- 1 oz (28 grams) hazelnuts
- 1 oz (28 grams) mixed nuts
- 1/3 cup (1 oz) peanuts
- 1 oz (28 grams) Brazil nuts (6 to 8 nuts)
- 2 Tbsp (30 ml) natural peanut butter
- 1 oz (28 grams) pumpkin seeds
- 1 oz (28 grams) macadamia nuts
- 1/2 cup (100 grams) Activia® probiotic yogurt

Protein Foods

Little or no source of fibre: Less than 2 grams of fibre a serving:

- Milk
- Cheese
- Ice Cream
- Yogurt
- 1 oz (28 grams) miso
- ½ cup (125 ml) tofu (raw)
- 1 oz (28 grams) walnuts (14 walnut halves)
- 1 oz (28 grams) chestnuts (2½ chestnuts)
- 1 oz (28 grams) cashews (18 cashews)
- 1 Tbsp (15 ml) sesame seeds
- All meat, fish, and poultry

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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