

# Foods with Fibre

## Why is fibre good for you?

High fibre foods:

- Help with constipation
- Lower cholesterol levels
- Controls blood sugars
- Helps you feel full so you eat less

## How much fibre do I need?

- Aim for a minimum of 25 grams of fibre per day

**Fibre Content of Foods**

Food	Serving	Fibre (g)
Bran Flakes	1 cup	12 g
Kidney Beans	2/3 cup	12 g
Pork and Beans	2/3 cup	10 g
Bran cereal with raisins	1 cup	7 g
Corn bran cereal	3/4 cup	5 g
Wheat biscuit cereal	2 biscuits	6 g
Whole Wheat Pasta	1 cup	5 g
Peas	Half a cup	4 g
Mixed Vegetables	Half a cup	3 g
Whole Wheat Bread	1 slice	2.5 g
Oatmeal (quick oats)	2/3 cup	2.5 g
Apple	1 apple	2.5 g
Orange	1 orange	2.5 g
Broccoli	Half a cup	2 g
Carrots	Half a cup	2 g
Canned Corn	Half a cup	2 g
Potato (no skin)	1 potato	2 g
Blueberries	Half a cup	2 g
Banana	1 banana	2 g
Tomato	1 tomato	1.5 g
Brown Rice	Half a cup	1.5 g



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