





Dr Melissa White

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Gastroenterologist

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www.melissawhitegastro.com.au

Fibre levels in food

<u>Food</u>	<u>Dietary Fibre in grams</u>	<u>Food</u>	<u>Dietary Fibre in grams</u>
<u>Bread</u>		<u>Vegetables Continued</u>	
Wholemeal roll	15.1	Zucchini	2.0
Wholemeal bread	2.4	Asparagus	1.5
Multigrain	2.0	Potato – peeled	1.5
High fibre white	1.8	Pumpkin	1.5
White roll	1.4	Celery	1.0
Muffin (half)	1.2	Lentils	1.0
Rye crisp bread	1.2	Lettuce	1.0
Fruit loaf	1.0	Bean sprouts	0.5
Toast (thick white)	0.9	Cucumber	0.2
White	0.6		
		<u>Fruits</u>	
<u>Breakfast Cereals</u>		Blackberries – ½ punnet	9.0
All Bran	9.5	Figs – dried	9.0
Muesli	8.0	Raspberries – ½ punnet	9.3
Branflakes	7.0	Prunes x 6	8.0
Porridge	5.0	Passionfruit x 2	6.5
Muesli Flakes	3.6	Banana	4.0
Unprocessed Bran	3.0	Rhubarb – cooked	4.0
Weetbix	2.8	Paw Paw – 150g	3.5
Nutri-Grain, Rice Bubbles	0	Pear	3.5
Cornflakes, Special K	0	Mango	3.5
		Apple – with skin	3.3
<u>Vegetables</u>		Plums x 2	3.2
Kidney beans	9.5	Raisins/sultanas	3.0
Soya beans	9.5	Orange	3.0
Peas	7.5	Strawberries	2.8
Corn (1 cob)	6.5	Figs – fresh	2.5
Spinach	4.5	Cherries – 150g	2.5
Broccoli	4.0	Nectarine x 2	2.5
Yam	4.0	Kiwifruit	2.2
Beans – green	3.0	Pineapple – 1 slice	2.1
Brussels sprouts	3.0	Apricots – 100g	2.0
Parsnip	3.0	Grapefruit	2.0
Potato – with skin	3.0	Melon – 200g	2.0
Mushrooms	2.5	Avocado – half	2.0
Sweet Potato	2.5	Grapes – 200g	1.8
Cabbage	2.0	Peach	1.8
Cauliflower	2.0		
Tomato	2.0		





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<u>Other</u>		<u>Other</u>	
Coconut – fresh	10.0	Popped corn – 1 cup	1.0
Almonds – 30g	4.3	Corn chips – 1 pkt	0.5
Coconut – dried	3.5	Meat – all types	0.0
Peanut paste – 1 serve	3.0	Dairy products	0.0
Brazil nuts – 30g	2.7	Eggs	0.0
Peanuts	2.4	Fats	0.0
Cashews – 30g	2.4	Sugars	0.0
Hazel nuts – 30g	1.8		