

Approximate dietary fibre content of selected foods[†]

Aim to eat about 18-30g fibre per day

	Food	Typical portion (weight)	Fibre/portion
Breakfast cereals	All-Bran	1 medium sized bowl (40g)	9.8g
	Shredded wheat	2 pieces (44g)	4.3g
	Bran flakes	1 medium sized bowl (30g)	3.9g
	Weetabix	2 pieces (37.5g)	3.6g
	Muesli (no added sugar)	1 medium sized bowl (45g)	3.4g
	Muesli (Swiss style)	1 medium sized bowl (45g)	2.9g
	Fruit 'n Fibre	1 medium sized bowl (40g)	2.8g
	Porridge (milk or water)	1 medium sized bowl (250g)	2.3g
	Cornflakes	1 medium sized bowl (30g)	0.3g
Bread/rice/pasta	Crispbread, rye	4 crispbreads (36g)	4.2g
	Pitta bread (wholemeal)	1 piece (75g)	3.9g
	Pasta (plain, fresh cooked)	1 medium portion (200g)	3.8g
	Wholemeal bread	2 slices (70g)	3.5g
	Naan bread	1 piece (160g)	3.2g
	Brown bread	2 slices (70g)	2.5g
	Granary bread	2 slices (70g)	2.3g
	Brown rice (boiled)	1 medium portion (200g)	1.6g
	White bread	2 slices (70g)	1.3g
	White rice (boiled)	1 medium portion (200g)	0.2g
Vegetables	Baked beans (in tomato sauce)	Half can (200g)	7.4g
	Red kidney beans (boiled)	3 tablespoons (80g)	5.4g
	Peas (boiled)	3 heaped tablespoons (80g)	3.6g
	French beans (boiled)	4 heaped tablespoons (80g)	3.3g
	Brussel sprouts (boiled)	8 sprouts (80g)	2.5g
	Potatoes (old, boiled)	1 medium size (200g)	2.4g
	Spring greens (boiled)	4 heaped tablespoons (80g)	2.1g
	Carrots (boiled, sliced)	3 heaped tablespoons (80g)	2.0g
	Broccoli (boiled)	2 spears (80g)	1.8g
	Spinach (boiled)	2 heaped tablespoons (80g)	1.7g
Salad vegetables	Pepper (capsicum green/red)	Half (80g)	1.3g
	Onions (raw)	1 medium (80g)	1.1g
	Olives (in brine)	1 heaped tablespoon (30g)	0.9g
	Tomato (raw)	1 medium/7 cherry (80g)	0.8g
	Lettuce (sliced)	1 bowl (80g)	0.7g
Fruit	Avocado pear	1 medium (145g)	4.9g
	Pear (with skin)	1 medium (170g)	3.7g
	Orange	1 medium (160g)	2.7g
	Apple (with skin)	1 medium (112g)	2.0g
	Raspberries	2 handfuls (80g)	2.0g
	Banana	1 medium (150g)	1.7g
	Tomato juice	1 small glass (200 ml)	1.2g
	Strawberries	7 strawberries (80g)	0.9g
	Grapes	1 handful (80g)	0.6g
	Orange juice	1 small glass (200 ml)	0.2g
Dried fruit/nuts	Apricots (semi-dried)	3 whole (80g)	5.0g
	Prunes (semi-dried)	3 whole (80g)	4.6g
	Almonds	20 nuts (33g)	2.4g
	Peanuts (plain)	1 tablespoon (25g)	1.6g
	Mixed nuts	1 tablespoon (25g)	1.5g
	Brazil nuts	10 nuts (33g)	1.4g
	Raisins/sultanas	1 tablespoon (25g)	0.5g
Other foods	Quorn (pieces)	1 serving (100g)	4.8g
	Chicken curry (takeaway)	1 portion meat/sauce (150g)	3.0g
	Vegetable pasty	1 medium sized (150g)	3.0g
	Bran (wheat)	1 tablespoon (7g)	2.5g
	Potato crisps (low-fat)	1 bag (35g)	2.1g
	Pakora/bhajia (vegetable)	1 portion (50g)	1.8g
	Pizza (cheese and tomato)	1 slice, deep pan (80g)	1.8g

[†]Calculated from data in Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, 6th summary edition. Cambridge: Royal Society of Chemistry. Values are total non-starch polysaccharides obtained using the Englyst method. An alternative method (AOAC enzymic gravimetric method 985.29) is sometimes quoted. This is recommended for nutritional labelling purposes. Although, comparative data is limited, the AOAC method generally gives higher values than the Englyst method.