

Types of Fibre

Soluble Fibre

Soluble fibre is found mainly in fruits, oats, barley and legumes. It helps lower blood cholesterol and control blood sugar levels in diabetes.

Insoluble Fibre

Insoluble fibre is provided mostly by bran, whole grains, and vegetables. This type of fibre keeps bowels regular. It also helps to prevent the development of bowel problems, such as hemorrhoids.

Fruits	Approx. Fibre (g)
Apple – fresh with skin (1 medium)	2.6
Apple juice (1/2 cup/125 ml)	0.2
Applesauce (1/2 cup/125 ml)	1.9
Apricots – Dried, 4-5	2.2
Apricots – Fresh, 3	2.0
Banana (1 medium)	1.9
Blueberries (1/2 cup/125 ml)	2.0
Cantaloupe (1/4 of whole)	1.0
Cherries, sweet 10	0.7
Dates, 5	3.6
Grapefruit, Half	1.7
Grapes with skin, 10	0.6
Mango, 1 peeled	4.1
Orange, 1 medium	2.4
Papaya, 1 raw	5.3
Peach, 1 fresh with skin	1.7
Pear, 1 medium fresh with skin	5.1
Pineapple (1/2 cup/125 ml)	1.2
Plum, 1	1.1
Prunes, 5	3.1
Raisins (1/4 cup/50 mL)	1.4
Raspberries (1/2 cup/125 mL)	3.2
Strawberries, 5 medium	1.3
Rhubarb, cooked (1/2 cup/125 mL)	2.5

Vegetables	Approx. Fibre (g)
Asparagus, cooked 5 spears	1.1
Beans, Lima, cooked (1/2 cup/125 ml)	4.5
Beans, Green or yellow (1/2 cup/125 ml)	1.6
Broccoli, cooked (1/2 cup/125 ml)	2.3
Brussels sprouts, cooked 4 sprouts	3.0
Cabbage, cooked (1/2 cup/125 ml)	1.3
Carrots, cooked (1/2 cup/125 ml)	2.2
Carrot, raw, 1 medium	1.9
Cauliflower (1/2 cup/125 ml)	0.7
Celery, 1 stalk	0.6
Corn, cooked (1/2 cup/125 ml)	2.3
Corn, cooked 1 ear	4.5
Onions, cooked (diced ½ cup/125 ml)	1.4
Parsnips, cooked (1/2 cup/125 ml)	2.7
Peas, green, cooked (1/2 cup/125 ml)	5.7
Potato, 1 medium with skin	2.5
Spinach, cooked (1/2 cup/125 ml)	2.6
Squash, cooked (1/2 cup/125 ml)	2.0
Sweet Potato, baked (1/2 medium)	1.7
Tomato, raw 1 medium	1.5
Turnip, cooked (1/2 cup/125 ml)	1.6

IMPORTANT TIP:

When you start to add more fibre to your diet, do so gradually. Drink more water and other liquids to get the most benefit from extra fibre.