

DIETARY FIBRE

Daily fibre requirements

Men	30 grams/day
Women	25 grams/day
Children <18 years	5 + age (in years) grams/day

Facts about fibre

- Fibre is the indigestible component of plant foods
- Animal foods do not contain fibre e.g. meat, eggs, milk
- Dried fruits and cereals contain a higher fibre density than fresh fruits and vegetables
- Fibre is concentrated in the outer layers of foods
 - o Peeling fruit or vegetables reduces fibre content
- The three most important ways to avoid constipation are
 - o 1. Eat enough fibre each day
 - o 2. Regular daily exercise
 - o 3. Drink enough water each day
- Inadequate fibre intake increases the risk of developing constipation, haemorrhoids, diverticular disease, bowel cancer, high cholesterol
- Tips to get more fibre in your diet
 - o Choose wholegrain, wholemeal and/or high fibre options of grain-based foods e.g. cereal, bread, pasta
 - o Enjoy a variety of wholegrains e.g. rice, barley, oats, polenta
 - o Have two pieces of fruit and five servings of vegetables per day
 - o Add legumes to meals
 - o Choose nuts or seeds as snack options
- It is better to get your fibre from a healthy, balanced diet. If you find this difficult, you may need a fibre supplement from the chemist or supermarket e.g. Metamucil, Benefibre, Normacol
- Rapidly increasing the amount of fibre in your diet may cause side effects e.g. bloating, flatulence, abdominal discomfort. Avoid this by slowly increasing your fibre intake until you reach the desired daily intake.



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FIBRE CONTENT OF COMMON FOODS

Food	Serving size	Fibre content (grams)
FRUIT		
Prunes	6 medium	8.0
Pear with skin	1 medium	5.5
Apple with skin	1 medium	4.5
Orange	1 medium	3.5
Banana	1 medium	3.0
VEGETABLES		
Green peas, boiled	1 cup	9.0
Broccoli, boiled	1 cup	5.0
Brussel sprouts	1 cup	4.0
Potato, with skin, cooked	1 medium	4.0
Tomato, raw	1 medium	1.8
Carrot, raw	1 medium	1.5
GRAINS		
All Bran cereal	45 grams	13.3
Sultan Bran cereal	45 grams	6.7
Wholewheat spaghetti, cooked	1 cup	6.0
Bran flakes	¾ cup	5.5
Quinoa, cooked	1 cup	5.0
Rolled oats or quick oats	50 grams	4.7
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Weetbix cereal	2 biscuits	3.3
Brown rice, cooked	1 cup	2.8
White spaghetti, cooked	1 cup	2.5
Whole-wheat bread	1 slice	2.0
Rye bread	1 slice	2.0
White rice, cooked	1 cup	1.4
White bread	1 slice	0.9
LEGUMES & NUTS		
Split peas, boiled	1 cup	16.0
Lentils, boiled	1 cup	15.5
Red kidney beans, cooked	1 cup	15.0
Baked beans, canned	1 cup	10.0
Almonds	30 grams	2.7
Pistachios	30 grams	2.7
Peanuts	30 grams	2.4
Cashews	30 grams	1.8