

How much fibre should you eat?

Most people do not eat enough fibre. Canadians, on average are only eating 15 grams of fibre each day. For digestive health and proper functioning of the colon we need to increase the amount we eat to 25-30 grams of fibre per day.

How to boost your fibre intake?

Gradually increase the amount of fibre-rich foods you eat to give your body a chance to get used to it. Too much too soon can cause bloating, gas, and feelings of discomfort.

- ◆ Drink plenty of fluids. They help your body to use fibre properly.
- ◆ Choose whole grain breads and cereals every day.
- ◆ Enjoy a variety of fruits and vegetables with the skins whenever possible.
- ◆ Include dried peas, beans and lentils in your meals.
- ◆ Snack on fibre-rich foods such as carrots, apples, whole grain bread and muffins, nuts and seeds.
- ◆ Eat a variety of foods. This ensures that you will eat a variety of fibres as well as a variety of nutrients.

FOOD	QUANTITY	FIBER gr.	FOOD	QUANTITY	FIBER
FRUIT			Pear with skin	1	4
Apple dried	10 rings	2	Persimmon	1	2.5
Apple with skin	1	3.5	Pineapple	1 c	1.7
Applesauce, unsweetened	1/2 c.	1	Plum	1	1.2
Apricot	3	1.1	Pomegranate	1 c	0.5
Apricot dried	5	2.5	Prickly pear	1	1.9
Banana	1	3	Prunes	3	3
Blackberries	1/2 c.	4.4	Raisins	1/4 c	2.9
Blueberries	1/2 c.	2.9	Raspberries	1/2 c	3.9
Boysenberries	1/2 c.	3.5	Rhubarb	1 c	3
Cantaloupe	1 c.	1	Strawberries	1 c	3
Cherries, sweet	10	1.2	Tangerine	1	1.2
Cranberries	1/2 c.	1	Watermelon	1 c	2.5
Dates	10	4.6	LEGUMES		
Elderberries	1/2 c.	5	Adzuki	1/2 c.	3.4
Figs dried	3	4	Baked beans	1/2 c.	8
Grapefruit	1	2	Black beans	1/2 c.	7
Grapes	1 c.	0.9	Chick peas	1/2 c.	6
Guava	1	5	Kidney beans	1/2 c.	7
Honeydew	1 c.	1.2	Lentils	1/2 c.	3.7
Kiwi	1	1	Lima beans	1/2c.	3.5
Lychee	5	0.4	Navy beans	1/2 c.	4.9
Mango	1	2.9	Pinto beans	1/2 c.	7
Nectarine	1	1.5	Refried beans	1/2 c.	3.5

FOOD	QUANTITY	FIBER gr.	FOOD	QUANTITY	FIBER
Orange	1	3.5	Soy beans	1/2 c.	2.6
Papaya	1	2.5	Split peas	1/2 c.	4.5
Peach with skin	1	2.3			
VEGETABLES			GRAINS		
Artichokes	1	3	Pasta, whole grain	1/2 c.	3.5
Asparagus	1 c.	3.4	Popcorn	3 c.	2.8
Bean sprouts	1/2 c.	1.5	Rice bran	1/2 c.	1.5
Beets cooked	1/2 c.	2.5	Rice cakes	1	0.5
Bell peppers, raw	1/2 c.	1.5	Rice Krispies cereal	1/2 c.	0.8
Broccoli	1 c.	6	Rice, brown	1/2 c.	1.8
Brussels sprouts	1 c.	4.6	Rice, white	1/2 c.	0.3
Cabbage	1 c.	2.8	Rice, wild	1/2 c.	1.2
Carrots	1 c.	4.6	Rye crisps	3 wafers	4
Cauliflower	1 c.	5	Wheat bran	1/2 c.	2.8
Celery, raw	1/2 c.	3	Flax meal	2 tbsps.	2.0
Collards cooked	1 c.	4	NUTS & SEEDS		
Corn	1/2 c.	4	Almonds	12	1.5
Cucumber	1/2 c.	4.5	Almond butter	1 Tbsp	0.3
Dandelion leaf raw	1 c.	4	Avocado	1/2 avocado	2.8
Eggplant cooked	1/2 c.	4	Brazil	6	6.2
Kale	1 c.	5	Cashews	12	1
Kale cooked	1 c.	4	Coconut shredded	1/2 c.	3
Kohlrabi cooked	1/2 c.	0.9	Flax seeds	3 Tbsp	1.6
Leeks raw	1/4 c.	0.4	Hazelnuts	12	2.3
Lettuce iceberg	1 c.	0.9	Macadamia	9	4
Lettuce romaine, leaf	1 c.	1.2	Pecans	12	1.3
Mushrooms cooked	1/2 c.	0.7	Pine nuts	1/4 c.	1
Mushrooms, raw	1/2 c.	1.5	Pistachios	1/2 c.	2.3
Okra cooked	1/2 c.	0.9	Pumpkin seeds	1/4 c.	1.6
Onions	1	3	Sesame seeds	3 Tbsp	1.4
Parsnip cooked	1 c.	6	Sunflower seeds	1/4 c.	2
Potato, no skin	1	1.8	Tahini butter	1 Tbsp	0.8
Potato, with skin	1	3.5	Walnuts	12	4