

Sources of Fibre

High-Fibre Foods (5+ grams of fibre per serving)

Food	Serving	Fibre (g)
All-Bran Buds [®] cereal	30 g	12.7
Kidney beans, light red, boiled	¾ cup (175 mL)	12.2
Flaxseed, whole, ground	4 Tbsp (60 mL)	11.9
Pinto beans, boiled	¾ cup (175 mL)	11.4
Baked beans, cooked	¾ cup (175 mL)	10.3
All-Bran Original [®] ; 100% Bran [®] cereal	30 g	10.1
Yellow Beans, boiled	½ cup (125 mL)	9.7
Great Northern beans; navy beans, boiled	¾ cup (175 mL)	9.2
French beans (green), boiled	½ cup (125 mL)	8.8
Kidney beans, dark red, boiled	¾ cup (175 mL)	8.6
Soybeans, dry, boiled	¾ cup (175 mL)	8
Lima beans, boiled	¾ cup (175 mL)	6.7
Chickpeas (garbonzo beans), boiled	¾ cup (175 mL)	5.5

Medium Fibre Foods (2-5 grams of fibre per serving)

Food	Serving	Fibre (g)
Pear, raw, with skin	1 medium (~166 g)	5
All-Bran Bran Flakes [®] ; Bran Flakes cereal	30 g	~4.3
Sesame seeds, whole, dried	4 Tbsp (60 mL)	4.3
Almonds, dried, unblanched	4 Tbsp (60 mL)	4.2
Raspberries	½ cup (125 mL)	4.2
Shredded Wheat [®] cereal	30 g	4.2
Sweet potato, baked in skin	1 medium (114 g)	3.8

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Medium Fibre Foods (2-5 grams of fibre per serving)

Food	Serving	Fibre (g)
Peas, green, frozen, boiled	½ cup (125 mL)	3.7
Potato, white, baked, with skin	1 medium (173 g)	3.6
Puffed Wheat cereal	30 g	3.4
Gooseberries	½ cup (125 mL)	3.4
Orange	1 fruit (~7 cm diam)	~3.2
Grape-nuts® cereal	30 g	3.1
Brussels sprouts, boiled	½ cup (125 mL)	~3
Yams, boiled or baked	½ cup (125 mL)	2.8
Kiwifruit	1 large (~91 g)	2.7
Bulgur, cooked	½ cup (125 mL)	2.7
Apple, raw, with skin	1 medium (~7 cm diam)	2.6
Corn, sweet, frozen or fresh, boiled	½ cup (125 mL)	2.5
Almonds, dried, blanched	4 Tbsp (60 mL)	2.5
Snow peas, boiled, drained	½ cup (125 mL)	2.4
Whole wheat bread; whole wheat pita	1 slice (35 g) / ½ pita	2.4
Whole wheat pasta, cooked	½ cup (125 mL)	~2.3
Oatmeal, cooked	30 g	2.3
Pumpernickel bread	1 slice (35 g)	2.3
Carrot, boiled	½ cup (125 mL)	2.2
Broccoli, fresh or frozen, boiled	½ cup (125 mL)	~2.2
Strawberries; blueberries	½ cup (125 mL)	2
Okra (gumbo), boiled	½ cup (125 mL)	2
Rice, brown, medium grain, cooked	½ cup (125 mL)	2
Rye bread	1 slice (35 g)	2
Barley, pearled, cooked	½ cup (125 mL)	2

Source: Canadian Nutrient File - Version 2007b <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

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Recommended Daily Fibre Intake

Age	Total Dietary Fibre g/d	
	Males	Females
1-3 years	19	19
4-8 years	25	25
9-13 years	31	26
14-18 years	38	26
19-30 years	38	25
31-50 years	38	25
51-70 years	30	21
> 70 years	30	21
Pregnancy (all ages)		28
Lactation (all ages)		29

Source: Health Canada - Dietary Reference Intakes Tables

<http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/index-eng.php>

Notes



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