

Fibre Counter

Use the following table to estimate your dietary fibre intake. If the food is not listed make an estimate based on similar foods. Please note that fibre content for particular foods varies considerably between different analyses. This table is compiled from various sources including: The Gut Foundation, The Nutrition Foundation and "Nutritional Values of Australian Foods".

	Fibre(g)		Fibre(g)		Fibre(g)
Meat, Fish, Poultry, Eggs	0.0	Potatoes, peeled, 1 small	2.0	Noodles, egg, cooked, 1 cup	1.5
Dairy Products	0.0	with skin	3.0	udon, dry, 100g,	1.5
Fats, Oils, Butter, Margarine	0.0	Pumpkin, 1/2 cup	2.0	vermicelli, dry, 100g	5.0
Water, Tea, Coffee	0.0	Silverbeet, 1/2 cup	1.5	Pasta, cooked, 1/2 cup	
Soft Drinks, Juices, Alcohol	0.0	Sweetcorn, 1/2 cup	3.5	Spaghetti/Macaroni, white	1.3
		Sweet Potato, 1/2 cup	2.0	Wholemeal	4.6
FRUIT		Tomato, medium	2.5	Polenta, dry cornmeal, 100g	3.0
Apple, 1 medium with skin	4.0	Turnip, 1/2 cup	2.0	Rice, white, cooked, 1 cup	1.5
Apricot, 3 small	3.0	Zucchini, 1/2 cup	1.5	Brown, cooked, 1 cup	3.0
Avocado 1/2 medium	2.0	Tofu (Soybean Curd), 100g	1.5	Taco shell, 1, 11g	0.5
Banana, 1 medium	3.0				
Blackberries, 1 cup	8.0	SALADS		CAKES	
Cherries, 15 large	2.0	Side Salad, average	1.5	white flour, 1 pce	1.0
Figs, 1 medium, 50g	2.0	Bean Salad, 1/2 cup	5.0	wholemeal flour, 1 pce	3.0
Grapes, small bunch 120g	3.0	Coleslaw, 1/2 cup	1.5	Fruit Cake, average slice	2.5
Guava, 1 medium, 120g	6.0	Potato Salad, 1/2 cup	2.0	Muffins, Oat Bran, 1 large	5.0
Grapefruit, 1/2 medium	2.5				
Kiwi Fruit, 1 medium	3.0	PULSES(legumes) cooked		BREAKFAST CEREALS	
Lychees, 100g	2.0	Baked Beans 1/2 cup 100g	7.0	All Bran/MultiBran, 1/2 cup	10.0
Mango, 1 medium	3.5	Chick peas, 1/2 cup	8.0	Bran Flakes, 1 cup, 40g	6.5
Nectarine, 1 medium	2.0	Haricot, Lima, Kidney, Soy 1/2 cup	8.8	Coco Pops, 1 cup, 45g	0.0
Olives, 6 medium	5.0	Lentils, red, brown, green, 1 cup	7.0	Corn Flakes 1 cup, 30g	1.0
Oranges, 1 medium	4.0	Mixed beans, canned, 1/2 cup	6.2	Instant Porridge, 1 sachet	2.0
Passionfruit, 1 medium	3.0	Re-fried beans, 1/2 cup	8.0	Just Right 1 cup, 45g	5.0
Paw Paw, 1/2 medium	4.0			Lite Start, 1 cup, 45g	4.5
Peach, 1 medium	2.0	NUTS per 1/4 cup		Mini Wheats 1/2 cup, 30g	3.5
Pear, 1 medium	4.5	Almonds	4.0	Natural Muesli, 1/2 cup	5.5
Persimmon, 1 medium	2.0	Brazil Nuts, Cashews	3.5	Nutri Grain, 1 cup, 35g	1.0
Pineapple, 1 slice, 2.0 cm	2.0	Coconut, flesh	3.5	Puffed Wheat, 1 cup, 22g	1.5
Plums, 1 medium	1.5	Hazelnuts, Macadamia	2.5	Rice Bubbles, 1 cup, 30g	0.5
Rhubarb, cooked 1/2 cup	2.5	Peanuts, Pecans	3.0	Rolled Oats, cooked, 1 cup	3.5
Rockmelon, 1/2 small	2.0	Walnuts	2.0	Special K, 1 cup	0.5
Strawberries, 1/2 punnet	2.0			Sustain, 1/2 cup, 30g	2.5
Tomato, 1 medium	2.5	SEEDS per 1 Tsp		Soy & Linseed Wheat Bran 45g	13.5
Watermelon, 250g	1.5	Linseeds	3.0	Weet Bix/Vita Brits 2, 30g	3.5
Dried Fruit 50g	5.0	Pumpkin seeds	3.0	Weet bix Hi bran, 2, 40g	7.0
Canned Fruit, Average, 1/2 cup	1.5	Sesame	1.0	Wheat Flakes, 1 cup	2.5
		Sunflower	1.5		
JUICE		BREAD (approx - see pkt)		BRANS per 1 Tsp	
Juice only, clear	0.0	White std, 2 slices	1.4	Barley Bran	1.0
Whole fruit, 150 ml glass	2.0	Hi Fibre White, 2 slices	3.5	Oat Bran	1.0
		Wholemeal, 2 slice	4.1	Rice Bran	2.0
VEGETABLES		Multigrain, 2 slices	3.0	Wheat Bran	2.0
Artichoke, 100g	3.5	Rye, dark 2 slices	7.0	Psyllium Husks	4.0
Bean Sprouts, 1 cup	3.0	Soy & Linseed, 2 slices	8.0	Wheat Germ	1.5
Beans green, 1/2 cup	2.0	White Fruit Loaf, 2 slices	2.0		
Beetroot, 1 medium	2.5	Lebanese & Pita, 1 average	3.0	TAKE-AWAY FOOD	
Broccoli, medium stalk	4.0	Naan, 1 average, 60g	1.5	Hamburgers, medium	2.0
Brussel Sprouts, 4-5 medium	3.5	Muffins, average	2.0	French Fries, medium serve	3.0
Cabbage, shredded, 1/2 cup	1.5	Croissant	1.0	Meat Pie, Pastie, Chiko Roll	1.5
Capsicum, 1 small	1.0	Tortilla, small	1.0	Pizza, Meat 1/2 medium	4.0
Carrots, 1 medium	3.5			vegetarian, 1/2 medium	6.0
Cauliflower, 1/2 cup	3.0	CRACKERS & BISCUITS			
Celery, 15 cm stork	1.0	Crackers, 2 Sao etc	0.5	SOUTH EAST ASIAN FOOD	
Choko, 1/2 medium	1.5	Crispbreads, 1 white	0.5	Chow mein, combination	7.0
Corn, 1/2 large cob	3.5	Oats/Nuts/Fruit, 2 biscuits	1.0	Fried Rice, average plate	2.0
Popcorn, 1 cup	1.0	Plain, Cream, 4-5	1.0	Laksa, average bowl	3.5
Cucumber, with skin, 50g	0.5	Rye, Whole-wheat, average	1.0		
Eggplant, 1/2 cup	2.5	Ryvita, each	0.7	FIBRE SUPPLEMENTS	
Lettuce, 2 leaves	0.5	Rice cakes, average	0.5	see packaging for your brand	
Leeks, 1/2 cup	2.0			Fibyrax, 8 tablets (4.5g)	1.5
Mixed Veges, 1/2 cup	3.0	GRAINS		Fybogel, 1 sachet	3.0
Mushrooms, 1/2 cup	1.5	Barley, cooked, 1 cup	7.0	Granacol, 2 tsp (9g)	3.0
Onion, 1 medium	2.0	Flours: white, 1 cup	5.0	Metamucil 1 sachet	3.5
Parsnip, 1/2 large	3.0	wholemeal, 1 cup	14.0	Normacol, 1 heaped tsp (7g)	2.5
Peas, fresh, 1/2 cup	4.0	soya, 1 cup	18.0	Nu-Lax, 10g	1.0
Snow peas, 30g	1.0				