

Dietary Fibre Intake

In the following table write a list of the foods you would eat in an average/typical day.

Use the 'Fibre Counter' to approximate the dietary fibre content of each of the foods. Total your score.

Don't spend too much time on this form - it is difficult to be accurate in this regard so 'rough estimates' are fine. If you have foods on the list that are not in the 'Fibre Counter' have a guess based on similar foods.

Typical Day's Eating

| | <i>Fibre (Grams)</i> |
|-----------------------|--------------------------|
| Breakfast: | |
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| Morning Tea: | |
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| Lunch: | |
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| Afternoon Tea: | |
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| Dinner: | |
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| Supper/Snacks: | |
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| Total: | |

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 | | | | |