

TYPICAL AMOUNT OF FIBRE IN CERTAIN FOODS:

• Wholemeal bread - 1 slice	2.6 g
• White bread - 1 slice	0.8 g
• Ryvita - 1 cracker	1.2 g
• Digestive - 1 biscuit	0.8 g
• Pastry - small square	0.5 g
• Wholemeal pastry – small square	1.7 g
• All Bran - bowl	7.5 g
• Bran Flakes - bowl	4.2 g
• Cornflakes - bowl	1.9 g
• Puffed Wheat - bowl	2.5 g
• Porridge - bowl	1.4 g
• Shredded Wheat – 1 biscuit	2.7 g
• Weetabix – 1 biscuit	2.2 g
• Rice (brown) - 56g [2 oz]	2.5 g
• Rice (white) - 56g [2 oz]	1.4 g
• Spaghetti - 56g [2 oz]	2.7 g
• Spaghetti (wholemeal) – 56g [2 oz]	6.0 g
• Baked Beans - 4 tbs	8.7 g
• Peas (frozen) - 3 tbs	10.8 g
• Boiled potato - small	0.6 g
• Boiled cabbage - 3 tbs	2.5 g
• Sweetcorn - 2tbs	2.8 g
• Banana - 1 medium	3.4 g
• Apple - 1 medium	1.5 g
• Orange - 1 medium	2.4 g
• Peanuts - 28g [1 oz]	2.4 g
• Lettuce - 28g [1 oz]	0.5 g
• Tomato - 56g [2 oz]	0.9 g
• Hazelnuts - 28g [1 oz]	1.8 g
• Apricots - 28g [1 oz]	7.2 g
• Raisins - 28g [1 oz]	2.0 g