



Fibre Contents of Food Chart

A high fibre and fluid diet is a healthy diet and is suitable for all the family. However, if constipation is a result of Colitis or Crohn's disease, increasing fibre intake could have a detrimental effect, so it's best to discuss this with your GP first.

You should encourage a regular meal pattern and increase the whole family's fibre and fluid intake at every meal. By doing this you will increase the water content of stools making them softer and easier to pass.

Portion size	Fibre content (grams)	Food
Bread		
2 slices	3.5	Wholemeal
2 slices	2.5	Brown
2 slices	2.3	Granary
2 slices	1.3	White
Breakfast cereal		
Average small bowl	7.2	All-bran [®]
Average small bowl	2.3	Porridge
Average small bowl	3.4	Mini Shredded Wheat [®]
Average small bowl	2.6	Bran Flakes [®]
Average small bowl	2.0	Sultana Bran [®]
Average small bowl	1.4	Fruit 'n Fibre [®]
Average small bowl	0.9	Special K
Average small bowl	0.2	Corn Flakes [®]
Average small bowl	2	Muesli
1 biscuit	1.9	Weetabix [®]
Biscuits & pastry		
1	0.4	Cracker - wholemeal
1	0.3	Digestive [®] (plain)
1	0.2	Gingernuts
1	0.7	Oatcakes
1	0.2	Shortbread
1	0.5	Oat based biscuit
Average size (1)	2.6	Wholemeal scone
Average slice	1.7	Wholemeal fruit cake

1	1.0	Cereal bar
Fruit		
1 small	1.3	Eating apples
1 cup	3.7	Apricot
½ pear	2.6	Avocado pear
1 medium	1.1	Banana
10	1.55	Blackberries
5	3.0	Dates – dried
Small bowl	1.2	Fruit cocktail (canned in juice)
½	1.0	Grapefruit
10	0.6	Grapes
1 medium	1.1	Kiwi fruit
1 slice	1.0	Mango
1 slice	1.5	Melon (cantaloupe)
1 small	2.0	Orange
1 small	1.1	Peach
1 medium	3.3	Pear
1 large slice	1.0	Pineapple
1 small	0.5	Plum
5	2.3	Prunes (dried)
1 tablespoon	0.6	Raisins
10	1.0	Raspberries
1 small	0.6	Tangerine
5	0.7	Strawberries
24	0.5	Sultanas
Nuts		
<i>Nuts should not be given to children under 5 years due to the risk of choking</i>		
1 cup	5.8	Walnuts
1 Cup	4.9	Cashews
6 whole	1.0	Almonds
3 whole	0.6	Brazils
10 whole	0.8	Peanuts
Thickly spread on 1 slice bread	1.4	Peanut butter

Rice and pasta		
2 heaped tablespoons	0.6	Brown boiled rice
2 heaped tablespoons	0.2	White boiled rice
2 heaped tablespoons	3.8	White pasta
3 tablespoons	3.1	Wholemeal spaghetti
Vegetables		
2 tablespoons	3.0	Baked beans
4 slices	0.8	Beetroot
2 tablespoons	7.8	Broad beans
2 spears	2.4	Broccoli tops (raw)
2 tablespoons	3.7	Butter beans
2 tablespoons	3.3	Butternut Squash
2 tablespoons	1.1	Cabbage
2 tablespoons	2	Carrots
3 florets	0.5	Cauliflower
1 stick	0.3	Celery – raw
2 tablespoons	2.9	Chickpeas
1 whole	2.7	Corn-on-the-cob
2 sliced rings	0.3	Green pepper
Stem, white portion only	1.1	Leeks
2 tablespoons	1.5	Lentils – split (boiled)
2 tablespoons	0.8	Lettuce
2 tablespoons	3.4	Mushrooms cooked
Small portion	1.2	Oven chips
2 tablespoons	6.2	Parsnip
2 tablespoons	3.0	Peas
Small	2.7	Potatoes - baked with skin
2 average size	1.2	Potatoes – new
2 tablespoons	4.3	Red kidney beans
2 tablespoons	1.7	Spinach
2 tablespoons	0.9	Sweetcorn – can
1 small	0.7	Tomatoes – raw
1 tablespoon	0.8	Turnip