

Fibre Contents of Food

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 (g)	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	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	Divestive [®] (plain)
1	0.2	Gingernuts
1	0.7	Oatcakes
1	0.2	Shortbread
1	0.5	Oat based biscuit
1, average size	2.6	Wholemeal scone
Average slice	1.7	Wholemeal fruit cake
1	1	Cereal bar
Fruit		
1 small	1.3	Eating apple
1 cup	3.7	Apricot
½ pear	2.6	Avocado pear
1 medium	1.1	Banana
10	0.55	Blackberries
5	3	Dates (dried)
Small bowl	1.2	Fruit cocktail (canned in juice)
½	1	Grapefruit
10	0.6	Grapes
1 medium	1.1	Kiwi
1 slice	1	Mango
1 slice	1.5	Melon (cantaloupe)
1 small	2	Orange
1 small	1.1	Peach
1 medium	3.3	Pear

1 large slice	1	Pineapple
1 small	0.5	Plum
5	2.3	Prunes (dried)
1 tablespoon	0.6	Raisins
10	1	Raspberries
1 small	0.6	Tangerine
5	0.7	Strawberries
24	0.5	Sultanas
Nuts		
Nuts should not be given to children under 5 years due to risk of choking		
1 cup	5.8	Walnuts
1 cup	4.9	Cashews
6 whole	1	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	Baked beans
4 slices	0.8	Beetroot
2 tablespoons	7.8	Broad beans
2 spears	2.4	Broccoli tops (raw)

Bladder and Bowel Community: Fibre Contents of Food Chart

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	Peas
Small	2.7	Potatoes - baked with skin
2 average size	1.2	New potatoes
2 tablespoons	4.3	Red kidney beans
2 tablespoons	1.7	Spinach
2 tablespoons	0.9	Sweetcorn (raw)
1 small	0.7	Tomatoes (raw)
1 tablespoon	0.8	Turnip

