

Sources of Fibre

High-Fibre Foods (more than 5 grams of fibre)

Food	Serving	Fibre (g)
Bran-based cereals such as All Bran®, Bran Buds®, 100% Bran®	1/3 cup (80 mL)	5 – 12
Beans (lima, baked brown, pinto, kidney, great northern)	1/2 cup (125 mL)	6 – 9
Flax seed	2 Tbsp	9
Fruits such as apples, berries, kiwi (2), mangos	1/2 cup (125 mL)	5
Whole-wheat pasta	1 cup (250 mL)	5

Medium-Fibre Foods (2 – 4 grams of fibre)

Food	Serving	Fibre (g)
Dried fruits such as prunes, raisins and apricots	1/2 cup (125 mL)	2 – 5
Whole-wheat grains such as brown rice, bulgur and barley	1/2 cup (125 mL)	2 – 5
Cereals such as Shredded Wheat®, Bran Flakes®, Grape-nut Flakes®, Corn Bran®, oatmeal and puffed wheat	1/2 cup (125 mL)	2 – 4
Fruits such as oranges, pears and strawberries	1 cup (250 mL)	2 – 4
Nuts and seeds such as almonds, peanuts, sunflower and sesame seeds	2 tbsp (30 mL)	2 – 4
Whole-wheat breads, such as pumpernickel, rye, whole-wheat and bran	Per Slice	2 – 4
Vegetables such as corn, peas, potato (with skin), sweet potato, broccoli, brussel sprouts, carrot, eggplant and turnips	1/2 cup (125 mL)	2 – 4

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Resources



Notes

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