

Fibre scoreboard

Enjoy the benefits of fibre! As part of a healthy diet, fiber can keep you feeling full, keep your digestive system healthy, and help you achieve and maintain a healthy body weight. What is fibre? Fibre is the part of plants we cannot digest.

Foods with the most fibre:

- Vegetables and fruit
- Whole grain foods
- Legumes (beans, peas, and lentils) and nuts



Foods with little or no fibre:

- Milk and milk products
- Meat, fish and poultry
- Fats (oils) or sugars
- Snack foods such as potato chips

Tips on adding fibre into your diet:

To avoid the gassy part of eating more fibre, add fibre in slowly and drink plenty of fluids. Give your body time to get used to the increased fibre.

An adequate intake of fibre for Canadians is about 25 to 38 grams per day. Follow *Canada's Food Guide to Healthy Eating* to make sure you are getting enough. Use the Nutrition Facts and nutrition claims on food labels to help make high fibre choices.

The Government set rules that must be followed before a nutrition claim can be made. Look for the following claims about fibre:

- **“Source of”** fibre must contain at least two grams of fibre per serving.
- **“High source of”** fibre must contain four grams of fibre per serving.
- **“Very high source of”** fibre must contain six grams or more of fibre per serving.

Vegetables and fruit

Canada's Food Guide to Healthy Eating recommends having 5 to 10 servings of Vegetables and Fruit every day. The skins are a source of nutrients and fibre.

Vegetable	Fibre	Fruit	Fibre
Asparagus, boiled, 5 spears	1 g	Apple, with skin, 1 medium-sized	3 g
Beans, green or yellow, steamed, ½ cup (125 mL)	2 g	Applesauce, ½ cup (125 mL)	2 g
Broccoli, raw or steamed ½ cup (125 mL)	2 g	Apricots, dried, 4	3 g
Brussels sprouts, steamed, ½ cup (125 mL)	3 g	Blueberries, ½ cup (125 mL)	2 g
Carrots, raw or steamed, ½ cup (125 mL)	2 g	Cantaloupe, ½ of a small fruit	2 g
Celery, raw, 1 stalk	1 g	Dates, 5	4 g
Mushrooms, cooked, ½ cup (125 mL)	2 g	Grapes, with skin, 20	1 g
Parsnips, cooked, ½ cup (125 mL)	3 g	Fruit juice, 100%, ½ cup (125 mL)	traces
Peas, green, cooked, ½ cup (125 mL)	4 g	Orange, 1 medium-sized	3 g
Potato, with skin, 1 medium-sized	5 g	Peach, with skin, 1 medium-sized	2 g
Spinach, steamed, ½ cup (125 mL)	3 g	Pear, with skin, 1 medium-sized	5 g
Sweet potato, cooked, ½ cup (125 mL)	4 g	Prunes, 5	3 g
Tomato, raw, 1 medium-sized	2 g	Raisins, 1/3 cup (75 mL)	3 g
Tomato sauce, plain, ½ cup (125 mL)	2 g	Raspberries, ½ cup (125 mL)	3 g
		Strawberries, ½ cup (125 mL)	2 g

Whole grain foods

Canada's Food Guide to Healthy Eating recommends having 5 to 12 servings of Grain Products every day. Choose whole grain and enriched products more often.

Grain product	Fibre	Breakfast cereal	Fibre
Bran muffin, 1 medium-sized	2 g	All Bran™, ½ cup (125 mL)	12 g
Bread, whole wheat/rye, 1 slice	2 g	Bran Flakes™, ¾ cup (175 mL)	5 g
Bread, white, 1 slice	1 g	MultiGrain Cheerios™, 1 cup (250 mL)	3 g
Oatmeal raisin cookie, 2	1 g	Corn Flakes™, 1 cup (250 mL)	1 g
Pita, whole wheat, ½	3 g	Oat Bran, cooked, ¾ cup (175 mL)	3 g
Rice, brown, cooked, ½ cup (125 mL)	2 g	Rolled Oats, cooked, ¾ cup (175 mL)	3 g
Rice, white, cooked, ½ cup (125 mL)	0.5 g	Shredded Wheat™, 1 biscuit	3 g
Pasta, regular, cooked, ½ cup (125 mL)	1 g	Shreddies™, ½ cup (125 mL)	3 g
Pasta, whole wheat, cooked, ½ cup (125 mL)	3 g	Special K™, 1 cup (125 mL)	traces

Meat and alternatives (legumes, nuts and seeds)

Canada's Food Guide to Healthy Eating recommends having 2 to 3 servings of Meat and Alternatives every day. Meat, poultry and fish do not contain fibre. To get the amount of fibre you need choose dried peas, beans, lentils and nuts more often.

Legumes	Fibre	Nuts	Fibre
Baked beans, ½ cup (125 mL)	10 g	Almonds, ¼ cup (50 mL), shelled	3 g
Black-eyed peas, cooked, ½ cup (125 mL)	8 g	Peanuts, ¼ cup (50 mL), shelled	2 g
White beans, cooked, ½ cup (125 mL)	8 g	Sunflower seeds, ¼ cup (50 mL), shelled	2 g

Source for grams of fibre in all charts: *Nutrient Value of Some Common Foods*, 1999. Please note these are average amounts in grams.

Tips to boost your fibre intake

Breakfast

- Choose a cereal with at least 4 grams of fibre per serving. Look for the Nutrition Facts label on the box.
- Add dried, fresh or frozen fruit to your cereal, or add a handful of nuts.
- Choose whole fruit over fruit juice.

Snack

- Sprinkle a handful of granola or nuts on yogurt or canned fruit.
- Add bran or wheat germ when making muffins and cookies.
- Choose ready to eat vegetables and fruits for a quick snack. Wash them well, but don't peel them. Peeling the skins removes some of the fibre.

Lunch

- Choose whole wheat bread, rolls, pita bread and crackers.
- Add chick peas or kidney beans to soups, salads and casseroles.
- Try barley, lentil or pea soup.

Supper

- Leave skins on potatoes when you bake, mash or boil them. Cooking does not break down fibre.
- Add cooked lentils to your pasta sauce.
- Cook whole wheat pasta or brown rice instead of white.