

Food Sources of Fibre

Information About Fibre

- Fibre includes all parts of plant foods that your body can't digest or absorb. Fibre is also known as roughage or bulk.
- Insoluble fibre helps promote regularity and a healthy digestive system. You get this type of fibre from wheat bran, whole grains, and some vegetables.
- Soluble fibre helps lower blood cholesterol levels and control blood glucose (sugar) levels. You get this type of fibre from oats, barley, psyllium, oranges, dried beans and lentils.
- A high fibre diet may also help prevent colon cancer.
- Eating high fibre foods may help you feel full for a longer time, which helps with appetite and weight control.

How Much Fibre Should I Aim For?

- Most Canadians only get half of the fibre they need every day.
- Increase your fibre intake slowly and drink more fluids as your fibre intake increases. This will help the fibre to work better and prevent gas, bloating and diarrhea.
- So far, there is no upper limit for fibre. Therefore a high intake of fibre from food should not be a problem for healthy people.

<i>Age in Years</i>	<i>Aim for an intake of grams (g)/day</i>	<i>Stay below</i>
Men 19 to 50	38	There is no upper limit for fibre.
Men 51 and older	30	
Women 19 to 50	25	
Women 51 and older	21	
Pregnant Women 19 and older	28	
Breastfeeding Women 19 and older	29	

Fibre Content of Some Common Foods

Fibre is found only in plant foods. The best sources of fibre include whole grains, vegetables, fruit, beans, peas, lentils, nuts and seeds.

<i>Food</i>	<i>Serving Size</i>	<i>Fibre (g)</i>
<i>Vegetables and Fruit</i>		
Vegetables		
Artichoke, cooked	1 medium	6.5
Green peas, cooked	125 mL (½ cup)	3.7-5.6
Kohlrabi, raw	250 mL (1 cup)	5.2
Lima beans, cooked	125 mL (½ cup)	4.8
Potato, with skin, cooked	1 medium	2.8-4.3
Edamame/baby soybeans, cooked	125 mL (½ cup)	4.3
Sweet potato, with skin, cooked	1 medium	3.8

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