

FIBRE COUNTER

Use this table to compare the fibre content in everyday foods.
The recommended daily intake of fibre for toddlers (1 - 3 years) is at least 14g.



THE
BITING
TRUTH

FOOD	FIBRE (G)	FOOD	FIBRE (G)
Cereals		Biscuits	
All-Bran (½ cup)	13	Ryvita, (2 biscuits)	3
Wheat Flakes (1 cup)	7.5	Jatz/Sao (1 biscuit)	0
Sultana Bran (¾ cup)	7	Sweet biscuits	0
Natural muesli (½ cup)	5	Nuts & Seeds	
Weet-Bix Multi-grain (2 biscuits)	4	Almonds (½ cup)	6.5
Weet-Bix (2 biscuits)	3.5	Peanuts (½ cup)	6
Porridge, cooked (1 cup)	3.5	Cashews (½ cup)	3.5
Special K (1 cup)	2.5	Walnuts (½ cup)	4.5
Wheat bran (1 tbsp)	2	Pumpkin Seeds (1 tbsp)	1
Nutri-grain (1 cup)	2	Fruit	
Rice Bubbles (1¼ cup)	1	Orange (1 medium)	4
Coco Pops/Fruit Loops (2/3 cup)	0.5	Strawberries (1 cup)	6
Rice & Pasta (cooked)		Blueberries (1 cup)	5.5
Wholemeal pasta (½ cup)	4	Banana (1 medium)	3
White pasta (½ cup)	1.5	Apple/pear (1 medium)	5.5
Pearl barley (½ cup)	3	Rockmelon (1 cup)	2.5
Couscous (½ cup)	1.5	Watermelon (1 cup)	1
Brown rice (½ cup)	1.5	Mango (1 cup)	3
White rice (½ cup)	1	Sultanas (1 tbsp)	0.5
Rice noodles (½ cup)	0.5	Vegetables	
Quinoa (½ cup)	3	Peas (½ cup)	4.5
Bread		Spinach (½ cup)	4.5
Wholemeal Lebanese/Pita (1)	4.5	Pumpkin (½ cup)	3
White Lebanese/Pita (1)	2.5	Potato (1 medium)	3
Wholemeal/grain bread (1 slice)	2	Broccoli (½ cup)	3
Light rye bread (1 slice)	2	Cauliflower (½ cup)	1
White high fibre bread (1 slice)	2	Carrot (½ cup)	3
White bread (1 slice)	1	Corn, canned (½ cup)	2.5
Fruit loaf (1 slice)	1.5	Green Beans, ½ cup	2
Wholemeal wrap (1)	2	Tomato (1 medium)	2
White wrap (1)	1	Capsicum (½ cup)	1
Flour		Legumes	
Wholemeal (100g)	11	Baked Beans (½ cup)	6.5
White (100g)	3	Four Bean Mix (½ cup)	6
Muesli Bar		Chickpeas (½ cup)	5
Average (1 bar)	2	Lentils (½ cup)	4