

Fantastic Fibre

Ensuring you get enough fibre in your diet can help a variety of functions in your body, and not just your bowels. Adequate fibre helps prevent cholesterol build up, helps with your weight loss, and helps eliminate various cancer-forming compounds from your body.

Ensuring the minimum of 5 cups of vegetables daily provides almost your minimum recommended fibre intake for the day. Simply add a few more vegies, a little fruit, your dietflex snacks, and some fats like olives or avocado, and you'll be well in excess of your daily requirements. If you plan allows, you might like to add in some bran, legumes, or quinoa for additional fibre and variety.

The Australian Nutrient Reference Value (NRV) for dietary fibre is 25g for women and 30g for men per day. We recommend that most people aim for at least 40g but up to 60g fibre each day to maximise health.

| Food | Amount | Fibre |
|-------------------------|---------------|-------|
| All bran | ½ cup | 8g |
| Almonds | 6 | 1.5g |
| Avocado | ¼ medium | 2g |
| Baked beans | ½ cup | 6g |
| Banana | 1 medium | 2.5g |
| Beetroot | ½ cup | 4.5g |
| Bread soy linseed | 1 x 35g slice | 2.1g |
| Broccoli | 1 cup cooked | 3g |
| Brown rice | ½ cup cooked | 1.3g |
| Carrot | 1 medium | 4g |
| Cauliflower | 1 cup | 7g |
| Coconut | 20g | 1.6g |
| Coleslaw | ½ cup | 2g |
| Corn on cob | 1 large | 7g |
| Crumpet | 1 | 1.5g |
| Cucumber | 1 small | 2g |
| Edamame | ⅔ cup shelled | 3.6g |
| Wasabi peas | 1 Tbsp | 1g |
| Figs, fresh | 1 large | 2.8g |
| Fruit fresh | 1 medium | 3g |
| GoSlim bar | 1 | 1.4g |
| Hommus | 1 Tbsp | 1.7g |
| Kiwifruit | 2 medium | 7g |
| Legumes e.g. chick peas | ½ cup | 4g |
| ProCrunch bar | ½ bar | 2.2g |

| Food | Amount | Fibre |
|-------------------------|-----------------|---------|
| dietflex Protein Powder | 20g | 0.1g |
| LSA | 2 tsp | 1.5g |
| Metamucil | 2 tsp | 3.5g |
| Muesli | ½ cup | 3.3g |
| Multi grain bread | 1 x 30g slice | 1.5g |
| Olives | 10 | 3.3g |
| Orange | 1 medium | 4.5g |
| Peanut butter | 1 Tbsp | 1.2g |
| Pear | 1 medium | 4g |
| Peas | ½ cup | 3.3g |
| Potato | 1 medium | 3.5g |
| Prickly pear | ½ cup chopped | 3.5g |
| Quinoa | ¼ cup raw | 4g |
| Blueberries | ½ cup | 1.4g |
| Raspberries | ½ cup | 3g |
| Strawberries | ½ cup | 1.9g |
| Rockmelon | ½ cup | 4g |
| Rolled oats | 1 cup cooked | 3.9g |
| Rye bread | 1 x 30g slice | 2 |
| Ryvita | 3 | 4.5g |
| Salad mixed | 1 cup | 3g |
| Soy milk | 1 cup | 1 to 3g |
| Spinach | 1 cup cooked | 2g |
| Sultana bran | ¾ cup | 5.8g |
| Tomato | 1 medium | 2g |
| Uncle Toby's Bran Plus | ½ cup | 18g |
| Vegetable soup | 1 cup | 4g |
| Vita weat | 4 original size | 2.6g |
| Vogels Ultra Bran | ½ cup | 12.6g |
| Whole linseeds | 2 tsp | 4.1g |

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