

### Where do we find fibre?

Dietary fibre is found in many foods that are high in complex carbohydrates, like whole grain and bran products, vegetables, fruit, legumes as well as nuts and seeds. Legumes and bran are very good sources of fibre.

Eating bran cereal for breakfast every morning is not the only way to increase the amount of fibre you eat. There are different types of fibre, each with different effects on the body. It is therefore best to eat a variety of foods that are good sources of fibre daily.

Food types	Portion size	Fibre content (g)
Pop corn	1 cup	2.5
All Bran Flakes	½ cup	12
Muesli	½ cup	3.8
Oats (cooked)	1 cup	4.0
Whole-wheat bread	1 slice	1.9
Beans	½ cup	5.2
Green beans	½ cup	1.0
Broccoli	½ cup	3.0
Brussels sprouts	½ cup	3.2
Cabbage	½ cup	0.6
Carrots	½ cup	1.9
Cauliflower	½ cup	2.0
Peas	½ cup	3.3
Lettuce	1 cup	0.8
Potato in jacket	1 small	2.5
Tomato	½ cup	0.7
Apple	1 medium	3.0
Apricot	3 fresh	1.8
Banana	1 medium	2.0
Grape fruit	½ cup	1.6
Grapes	10	0.5
Orange	1 medium	1.9
Prunes	½ cup	3.0
Raisins	¼ cup	2.1
Strawberries	1 cup	3.0

### Where do I start to increase my fibre intake?

As with all changes in eating habits, begin gradually and adapt the changes to your taste in foods. Eating a whole lot of unfamiliar foods at once may result in just a temporary change. Chances are you will be back eating the same old foods in no time.

To increase your fibre intake, focus on eating whole grain and bran products like whole grain cereals, bread and maize, eat plenty of fruit and vegetables (5 a day is recommended) and choose legumes more often.

### The following changes are recommended to increase your fibre intake:

Choose this...	Instead of....
Whole wheat bread and rolls	White bread and rolls
Fresh fruit	Juice
Fruit and vegetables with skin	Peeled fruit and vegetables
Whole grain cereal or oats	Refined cereal
Popcorn	Crisps and fatty refined snacks
Dishes with lentils and legumes	Fatty meat dishes
Fruit salad	Baked foods and desserts with refined flour
Brown rice	White rice
Jacketed potato	Mashed potato
Provitats and Ryvitas	Cream crackers