

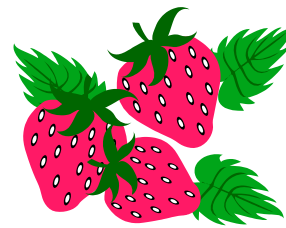
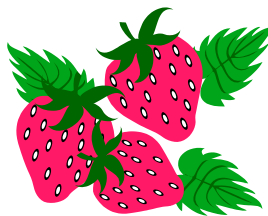
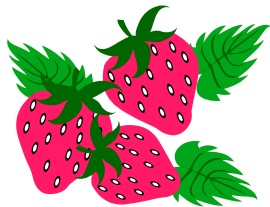
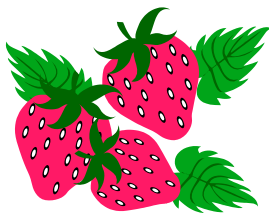
Fibre Content of Everyday Foods



A high fibre and fluid diet is a healthy diet and is suitable for all the family. You should encourage a regular meal pattern and increase the whole family's fibre and fluid intake at every meal. By doing this you will increase the water content of stools making them softer and easier to pass.

How to calculate how much fibre your child should be eating: Age + 5 grams per day in children older than 2 years. e.g. If your child is 7 years old, the calculation would be 7 + 5 = 12 grams per day.

Portion Size	Fibre Content (grams)	Food
BREAD		
1 small slice	1.5	Wholemeal
1 small slice	0.9	Brown
1 small slice	0.8	Hovis
1 small slice	0.8	High fibre white
1 mini	1.8	Wholemeal pitta bread
BREAKFAST CEREALS		
Average small bowl	7.2	All-bran
Average small bowl	6.6	Bran Buds
Average small bowl	3.4	Mini Shredded Wheat
Average small bowl	2.6	Bran Flakes
Average small bowl	2.0	Sultana Bran
Average small bowl	1.4	Fruit 'n Fibre
Average small bowl	1.2	Country Store
Average small bowl	2.3	Raisin Splitz
Average small bowl	0.2	Corn Flakes
Average small bowl	2	Muesli
1 biscuit	1.9	Weetabix



Portion Size	Fibre Content (grams)	Food
BISCUITS & PASTRY		
1	0.4	Cracker - wholemeal
1	0.3	Digestive (plain)
1	0.2	Gingernuts
1	0.7	Oatcakes
1	0.2	Shortbread
1	0.5	Oat based biscuit
Average size (1)	2.6	Wholemeal scone
Average slice	1.7	Wholemeal fruit cake
1	1.0	Cereal bar
FRUIT (raw)		
1 small	1.3	Eating apples
$\frac{1}{2}$ pear	2.6	Avocado pear
1 medium	1.1	Banana
10	1.55	Blackberries
5	3.0	Dates - dried
Small bowl	1.2	Fruit cocktail (canned in juice)
$\frac{1}{2}$	1.0	Grapefruit
10	0.6	Grapes
1 medium	1.1	Kiwi fruit
1 slice	1.0	Mango
1 slice	1.5	Melon (cantaloupe)
1 small	2.0	Orange
1 small	1.1	Peach
1 medium	3.3	Pear
1 large slice	1.0	Pineapple
1 small	0.5	Plum
5	2.3	Prunes (dried)
1 tablespoon	0.6	Raisins
10	1.0	Raspberries
1 small	0.6	Tangerine
5	0.7	Strawberries
24	0.5	Sultanas

Portion Size	Fibre Content (grams)	Food
NUTS		
Nuts should not be given to children under 5 years due to the risk of choking		
6 whole	1.0	Almonds
3 whole	0.6	Brazils
10 whole	0.8	Peanuts
Thickly spread on 1 slice bread	1.4	Peanut butter
RICE AND PASTA		
2 heaped tablespoons	0.6	Brown boiled rice
3 tablespoons	3.1	Wholemeal spaghetti
VEGETABLES		
2 tablespoons	2	Carrots
4 slices	0.8	Beetroot
1 tablespoon	0.8	Turnip
Small	2.7	Potatoes - baked with skin
2 average size	1.2	Potatoes - new
Small portion	1.2	Oven chips
2 tablespoons	1.7	Spinach
2 spears	2.4	Broccoli tops (raw)
2 tablespoons	1.1	Cabbage
3 florets	0.5	Cauliflower
1 stick	0.3	Celery - raw
Stem, white portion only	1.1	Leeks
2 tablespoons	3.0	Peas
2 tablespoons	7.8	Broad beans
2 tablespoons	3.7	Butter beans
2 tablespoons	4.3	Red kidney beans
2 tablespoons	2.9	Chickpeas
2 tablespoons	3.0	Baked beans
2 tablespoons	1.5	Lentils - split (boiled)
1 whole	2.7	Corn-on-the-cob
2 tablespoons	0.9	Sweetcorn - can
1 small	0.7	Tomatoes - raw
2 sliced rings	0.3	Green pepper

Other fibre and dietary tips:

