



Fibre Counter

Food	Fibre (grams)	Food	Fibre (grams)
Breakfast Cereals:		Vegetables: (100 grams)	
All-Bran Original (3/4 Cup)	13	Green peas	6.5
All-Bran Wheat Flakes (1 Cup)	8	Spinach	5
All-Bran Honey Almond (1 Cup)	7	Brussels Sprouts	4.5
Special K Advantage (1 Cup)	7	Beetroot / Parsnip / Broccoli	4
Sultana Bran (3/4 Cup)	7	Carrot / Sweet Potato	3.5
Weet-Bix Hi-Bran (2 biscuits)	7	Cauliflower / Eggplant / Leek	3
Guardian (2/3 Cup)	6.5	Cabbage / Sweetcorn / Green beans	2.5
Special K Nourish (3/4 Cup)	5	Capsicum / Onion / Fennel	2
Oats (1/2 Cup)	5	Pumpkin / Potato / Turnip	2
Plus Muesli Flakes (3/4 Cup)	4	Cucumber / Mushroom / Lettuce	1.5
Just Right (3/4 Cup)	3.5	Zucchini / Celery / Tomato	1.5
Weet-Bix Original (2 biscuits)	3.5		
Oat Flakes (1/2 Cup)	3	Legumes: (100 grams)	
Natural Muesli (1/2 Cup)	3	Broad beans	7.5
Sustain (3/4 Cup)	2.5	Firm Tofu (soy bean curd)	7
Special K Original (1 Cup)	2	Red Kidney Beans / Cannellini Beans	6.5
Cornflakes (1 Cup)	1	4 Bean Mix / 3 Beans & Corn	6
Nutri-Grain (1 Cup)	1	Chickpeas / Baked Beans / Soy Beans	5
Rice Bubbles / Flakes (1 Cup)	0	Lentils	4
Muesli Bars:		Mexi Beans (Bean & Corn Salsa Mix)	2
Be Natural Oat Trail Bar (1)	3.5	Silken (or soft) Tofu (soy bean curd)	1.5
Cereal Grains: (100grams cooked)		Fruit: (100 grams)	
Wholemeal Pasta	5.5	Passionfruit	14
Pearl Barley	3.5	Coconut	8
Quinoa	2.5	Pomegranate	6.5
White Pasta	2	Raspberries / Blackberries	6
Cous-Cous	2	Pear	3.5
Brown Rice	1.5	Banana / Apple / Orange / Apricots	2.5
White Rice	1	Nectarines / Peach / Plum	2
Psyllium Husks (5g)	4.5	Pineapple/Blueberries/Kiwifruit	2
Wheat bran (10g)	4.5	Mandarin / Cherries	1.5
Rice bran (10g)	2.5	Sultanas (30 grams)	1.5
Oat Bran (10g)	1.5	Rockmelon / Watermelon	1
Breads:		Nuts and Seeds: (30 grams)	
Multigrain (1 Slice)	5	Hazelnuts	3
Wholemeal / Light Rye (1 Slice)	5	Almonds / Peanuts / Brazil Nuts	2.5
Dark Rye (1 Slice)	3	Pistachios / Pecans	2.5
Pita, Wholemeal (1)	3	Walnuts / Macadamias	2
White HighFibre/Raisin Bread 1 Slice	2.5	Pine Nuts / Cashews	1.5
Pita, White (1)	1.5	Pumpkin / Sunflower / Sesame Seeds	3
White (1 Slice)	1	Ground Wattle Seeds (Acacia) (1 tsp)	2
Cracker Biscuits:		Sweet Snacks:	
Ryvita (2)/ Vita-Weat (4)	3	Shredded Wheatmeal (3 biscuits)	2
Salada Wholemeal (2)	2	Plain Sweet Biscuits (3 Biscuits)	0
Jatz (6) /Sao (3)	0.5	Cake	0