



Nella Foulds
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Consultant Nutritionist

High Fibre Foods List

Fibre is an important part of a balanced diet. It not only helps provide fuel for gut bacteria, but it is also essential for maintaining healthy, frequent bowel movements.

These foods are all high in fibre, ordered from highest to the lowest. The recommended daily fibre amount is 30g per day.

| Food | Amount | Fibre |
|--------------------------|---------------|--------------|
| Lentils, uncooked | 100g | 30.5g |
| Flaxseeds | 100g | 27.3g |
| Bran Flakes | 100g | 17.6g |
| Oats, uncooked | 100g | 10.6g |
| Almonds, whole with skin | 100g | 10.4g |
| Quinoa, uncooked | 100g | 7g |
| Medjool dates | 100g | 6.7g |
| Brown rice, uncooked | 100g | 6.8g |
| Baked Potato, with skin | 299g | 6.6g |
| Raspberries | 100g | 6.5g |
| Peas | 100g | 5g |
| Kidney beans, tinned | 100g | 5.4g |
| Avocado | 140g | 5g |
| Parsnips | 100g | 4.9g |
| Oranges | 1 large | 4.4g |

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|-------------|----------|------|
| Spinach | 200g | 4.4g |
| Brown bread | 2 slices | 4g |
| Bananas | 1 large | 3.5g |
| Broccoli | 100g | 2.6g |