

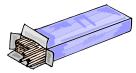
Why is fibre good for you?

High fibre foods:

- Help with constipation
- Lower cholesterol levels
- Controls blood sugars
- Helps you feel full so you eat less

How much fibre do I need?

 Aim for a minimum of 25 grams of fibre per day













Fibre Content of Foods			
Food	Serving	Fibre (g)	
Bran Flakes	1 cup	12 g	
Kidney Beans	2/3 cup	12 g	
Pork and Beans	2/3 cup	10 g	
Bran cereal with raisins	1 cup	7 g	
Corn bran cereal	3/4 cup	5 g	
Wheat biscuit cereal	2 biscuits	6 g	
Whole Wheat Pasta	1 cup	5 g	
Peas	Half a cup	4 g	
Mixed Vegetables	Half a cup	3 g	
Whole Wheat Bread	1 slice	2.5 g	
Oatmeal (quick oats)	2/3 cup	2.5 g	
Apple	1 apple	2.5 g	
Orange	1 orange	2.5 g	
Broccoli	Half a cup	2 g	
Carrots	Half a cup	2 g	
Canned Corn	Half a cup	2 g	
Potato (no skin)	1 potato	2 g	
Blueberries	Half a cup	2 g	
Banana	1 banana	2 g	
Tomato	1 tomato	1.5 g	
Brown Rice	Half a cup	1.5 g	













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