

## Dietary fibre content of food (g per serving)

<b>Food</b>	<b>Serving size</b>	<b>Total dietary fibre (g)</b>
<b>Grain products</b>		
Bran buds with Psyllium,	125 ml (1/2 cup)	16.6
Wheat bran	125 ml (1/2 cup)	13.5
All Bran	125 mL (1/2 cup)	13.5
Flax seeds (lin seed)	125 ml (1/2 cup)	12.3
Bran Flakes	175 ml (2/3 cup)	6.3
Rice, brown, long-grain, cooked	250 ml (1 cup)	3.1
<b>Fruits</b>		
Figs, dried, uncooked	10 figs	17.4
Dates, dry	10 dates	7.1
Prune juice, canned	125 ml (1/2 cup)	2.7
Apples, raw, with skin (7 cm diam.)	1 apple	2.6
Raisins, seedless	125 ml (1/2 cup)	2.8
<b>Vegetables</b>		
Peas, green, boiled, drained	125 ml (1/2 cup)	5.7
Brussels sprouts, boiled, drained	4 sprouts	3.0
Parsnip, sliced, boiled, drained	125 ml (1/2 cup)	2.7
Eggplant, pieces, boiled, drained	250 ml (1 cup)	2.5
Corn, sweet, canned, niblets	125 ml (1/2 cup)	2.3
Broccoli, raw	3 spears	2.2
Carrots, sliced, boiled, drained	125 ml (1/2 cup)	2.2
<b>Legumes</b>		
Beans, baked, canned with pork	125 ml (1/2 cup )	7.35
Beans, baked, canned, plain	125 ml (1/2 cup)	6.35
Beans, kidney, dark red, boiled	125ml (1/2 cup)	6.15
Beans, lima, boiled, drained	125 ml (1/2 cup)	4.5
Lentils, boiled	125 ml (1/2 cup)	4.5