

# CHECK YOUR FIBER INTAKE HERE

FOOD	PORTION SIZE	FIBER PER PORTION (GRAMS)
<b>STARCHY FOODS</b>		
Bran flakes	30g	5g
Rolled oats	40g	3.6g
All bran	30g	13g
Brown rice (boiled)	3 tbsp	2g
Wholegrain/wholemeal bread	2 slices	3.2g
Quinoa	3 tbsp	3.8g
Jacket potato	Small	4g
<b>FRUIT</b>		
Raspberries	20 (80g)	3g
Apple	Medium	5g
Pear	Medium	6g
Orange	1	3g
Strawberries	80g	3g
Blueberries	80g	2g
Dried prunes	5 pieces	3g
Banana	Medium	3g
Avocado	Half medium	5g
<b>VEGETABLES</b>		
Broccoli	80g	2g
Cauliflower	80g	2g
Carrots	80g	2g
Green Beans	80g	2g
Sweetcorn	80g	2g
<b>NUTS AND SEEDS</b>		
Linseeds	2 tbsp	7g
Nuts	2 tbsp	2g