

Appendix E: Dietary Fibre Values for Selected Foods

The following chart replaces the chart found on pages 48 and 49 of the revised guideline:

Food Name	Serving size	Weight (g)	Total Dietary Fibre (g)
Breads and Buns			
Bagel, plain (10 cm diam)	1	71	1.6
Bread, mixed-grain	1 slice	35	2.2
Bread, oatmeal	1 slice	35	1.4
Bread, pita, white (17 cm diam)	1	60	1.3
Bread, pita, whole wheat (17 cm diam)	1	64	4.7
Bread, pumpernickel	1 slice	35	2.3
Bread, raisin	1 slice	35	1.5
Bread, rye	1 slice	35	2
Bread, white, commercial	1 slice	35	0.8
Bread, whole wheat, commercial	1 slice	35	2.4
English muffin, white, toasted	1	52	1.5
English muffin, whole wheat, toasted	1	52	2.6
Roll, dinner, white	1	28	0.9
Roll, dinner, whole wheat	1	28	2.1
Other Bread Products			
French toast, frozen, ready to heat, heated	1 slice	59	0.6
Pancake, plain, from complete mix (13 cm diam)	1	40	0.4
Pancake, plain, frozen, ready-to-heat (13 cm diam), heated	1	41	0.7
Rice, Pasta and Other Grains			
Barley, pearled, cooked	125 mL	83	2
Couscous, cooked	125 mL	83	0.7
Quinoa, cooked	125 mL	73	1.3
Macaroni, cooked	250 mL	148	1.8
Noodles, egg, cooked	250 mL	169	1.9
Pasta, fresh-refrigerated, cooked	250 mL	169	3.7
Rice, brown, long-grain, cooked	125 mL	103	1.5
Rice, white, long-grain, cooked	125 mL	83	0.4
Spaghetti, cooked	250 mL	148	2.5
Spaghetti, whole wheat, cooked	250 mL	148	4.8
Breakfast Cereals			
Hot Cereal, cooked			
Cream of wheat, regular	175 mL	186	0.7
Oat bran, cooked	175 mL	179	3.4

Food Name	Serving size	Weight (g)	Total Dietary Fibre (g)
Oatmeal, instant, apple-cinnamon	1 packet	186	2.8
Oatmeal, instant, regular	1 packet	186	2.7
Oatmeal, large flakes/quick	175 mL	173	2.6
Ready-to-eat			
All Bran Buds with psyllium, Kellogg's™	75 mL	27	11.3
All Bran, Kellogg's™	125 mL	35	11.8
Bran Flakes, Post™	250 mL	53	7.4
Cheerios, regular General Mills™	250 mL	24	2.2
Corn Bran, Quaker™	250 mL	38	6.1
Corn Flakes, Kellogg's™	250 mL	26	0.7
Fibre 1, General Mills™	125 mL	30	14.1
Granola with Raisins, Rogers™	125 mL	59	5.3
Grape-Nuts, Post™	125 mL	58	6
Mini-Wheats with White Frosting, Kellogg's™	175 mL	35	3.6
Muesli, President's Choice™	75 mL	40	3.5
Oatmeal Crisp Almond, General Mills™	125 mL	32	2.3
Oatmeal Crisp Maple Walnut, General Mills™	125 mL	32	2.3
Raisin Bran, Kellogg's™	250 mL	59	6.7
Rice Krispies, Kellogg's™	250 mL	29	0.3
Shredded Wheat, Post™	1 biscuit	25	3.5
Shreddies, Post™	175 mL	38	4.4
Special K, Kellogg's™	250 mL	24	0.3
Weetabix™	2 biscuits	35	4.4
Crackers			
Cheese crackers, small	15	15	0.4
Melba toast, plain	2	10	0.6
Milk crackers	2	24	0.5
Rusk toast	1	10	0.6
Wheat crackers	4	20	1.4
Wheat crackers, low fat	4	18	0.9
Whole wheat crackers	4	16	1.7
Beans, Peas and Lentils			
Beans, baked, plain or vegetarian, canned	175 mL	188	7.7
Beans, kidney, dark red, canned, not drained	175 mL	189	12.1
Beans, navy, canned, not drained	175 mL	194	9.9
Beans, pinto, canned, not drained	175 mL	178	8.2

Food Name	Serving size	Weight (g)	Total Dietary Fibre (g)
Black-eyed peas, canned, not drained	175 mL	178	5.9
Chickpeas (garbanzo beans), canned, not drained	175 mL	178	7.8
Lentils, boiled, salted	175 mL	146	6.2
Lentils, pink, boiled	175 mL	179	5.9
Peas, split, boiled	175 mL	145	4.2
Soybeans, boiled	175 mL	127	8
Peanuts			
Peanut butter, chunk type, fat, sugar and salt added	30 mL	32	2.6
Peanut butter, natural	30 mL	31	2.5
Peanut butter, smooth type, fat, sugar and salt added	30 mL	32	1.8
Peanut butter, smooth type, light	30 mL	36	1.9
Nuts			
Almonds, dried	60 mL	36	4.2
Hazelnuts or filberts, dried	60 mL	34	2.7
Macadamia nuts, roasted, salted	60 mL	34	0.5
Mixed nuts, roasted	60 mL	35	2.4
Pecans, dried	60 mL	25	1.6
Pine nuts, pignolia, dried	60 mL	34	1.7
Pistachios, shelled, roasted, salted	60 mL	31	1.7
Walnuts, dried	60 mL	25	1.6
Nut Butters			
Almond butter	30 mL	32	1.2
Cashew butter	30 mL	32	0.6
Sesame butter, tahini	30 mL	30	2.8
Seeds			
Flaxseeds, whole and ground	15 mL	11	56
Pumpkin and squash seeds, kernels, dried	60 mL	35	189
Sunflower seed kernels, roasted, salted	60 mL	32	189
Vegetables			
Artichoke, boiled, drained	1 medium	120	4.7
Asparagus, canned, drained	6 spears	108	1.5
Asparagus, fresh or frozen, boiled, drained	6 spears	90	1.6
Beans, lima, frozen, boiled, drained	125 mL	95	4
Beans, snap (green, yellow, Italian), canned, drained	125 mL	71	1.5
Beans, snap (green, yellow, Italian), fresh or frozen, boiled, drained	125 mL	71	1.9

Food Name	Serving size	Weight (g)	Total Dietary Fibre (g)
Beets, sliced, boiled, drained	125 mL	90	1.8
Bok Choy, Pak-Choi, shredded, boiled, drained	125 mL	90	0.9
Broccoli, chopped, boiled, drained	125 mL	82	2
Cabbage, green, shredded, boiled, drained	125 mL	79	1.3
Cabbage, red, shredded, raw	125 mL	37	0.8
Carrots, baby, raw	8	80	1.4
Carrots, fresh or frozen, boiled, drained	125 mL	77	1.9
Cauliflower, pieces, boiled, drained	125 mL	66	1.8
Cauliflower, pieces, raw	125 mL	53	0.9
Celery, raw	1 stalk	40	0.6
Corn, sweet, canned, cream style	125 mL	135	1.8
Cucumber, peeled, raw	4 slices	28	0.2
Kale, chopped, boiled, drained	125 mL	69	1.4
Leeks, chopped, boiled, drained	125 mL	55	0.5
Lettuce, Boston, shredded	250 mL	58	0.6
Lettuce, iceberg, shredded	250 mL	58	0.7
Mushrooms, pieces, canned, drained	125 mL	82	2.3
Mushrooms, white, sliced, stir-fried	125 mL	57	1
Onions, green (scallion), raw	1 medium	15	0.4
Parsnip, sliced, boiled, drained	125 mL	82	2.7
Peas, green, canned, drained	125 mL	90	4
Peas, green, frozen, boiled, drained	125 mL	85	3.7
Pepper, sweet, green, sautéed	125 mL	74	1.3
Potato, baked, flesh	1	156	3.4
Potato, baked, flesh and skin	1	173	3.8
Potato, boiled without skin	1	135	1.9
Potato, boiled, flesh and skin	1	150	2.5
Potatoes, scalloped, homemade	125 mL	129	2.5
Pumpkin, canned	125 mL	129	3.8
Radishes	3 medium	14	0.2
Spinach, boiled, drained	125 mL	95	2.3
Spinach, chopped, raw	250 mL	32	0.7
Sweet potato, baked, peeled after cooking	½	57	1.9
Tomatoes, canned, stewed	125 mL	135	1.4
Tomatoes, canned, whole	125 mL	127	1
Tomatoes, raw	1	123	1.5
Turnip (white turnip), cubed, boiled, drained	125 mL	82	1.6

Food Name	Serving size	Weight (g)	Total Dietary Fibre (g)
Vegetables, Asian mix (broccoli, carrots, green beans, “mini corn”, snow peas, sweet red pepper), frozen, boiled, drained	125 mL	74	1.8
Vegetables, broccoli and cauliflower, frozen, boiled, drained	125 mL	95	2.4
Vegetables, mixed (corn, lima beans, snap beans, peas, carrots), frozen, boiled, drained	125 mL	96	2.8
Vegetables, peas and carrots, canned, not drained	125 mL	135	2.7
Zucchini, raw, slices	4	40	0.4
Zucchini, sliced, boiled, drained	125 mL	95	1.3
Vegetable Juices and Other Products			
Carrot juice	125 mL	125	1
Coleslaw with dressing,	125 mL	63	1
Potato salad	125 mL	132	1.4
Tomato juice	125 mL	128	0.9
Tomato juice, without added salt	125 mL	184	0.7
Tomato sauce for spaghetti, canned	125 mL	132	1.9
Tomato sauce, canned	125 mL	129	1.9
Vegetable juice cocktail	125 mL	128	0.7
Vegetable juice cocktail, low sodium	125 mL	128	1
Fruits			
Apple with skin (7 cm.diam)	1	138	2.6
Applesauce, unsweetened	125 mL	129	1.5
Apricots, raw	3	105	2.1
Avocado	½	101	6.7
Banana	1	118	2.1
Blackberries	125 mL	76	4
Blueberries, frozen, unsweetened	125 mL	82	2.6
Cherries, sweet	10	68	1.4
Clementine	1	74	1.3
Fruit cocktail, canned, light syrup pack	125 mL	128	1.3
Grapefruit, pink or red	½	123	2
Grapes	20	100	1.2
Kiwifruit	1	76	2.3
Lychees (litchis)	10	96	1.2
Mango	½	104	1.9
Melon, cantaloupe, cubes	125 mL	85	0.6

Food Name	Serving size	Weight (g)	Total Dietary Fibre (g)
Melon, honeydew, cubes	125 mL	90	0.7
Melon, watermelon, cubes	125 mL	80	0.3
Nectarine	1	136	2.3
Orange	1	131	2.3
Papaya, cubes	125 mL	74	1.3
Peach	1	98	1.9
Peach, canned slices, light syrup pack	125 mL	133	1.7
Pear with skin	1	166	5
Pear, canned halves, light syrup pack	125 mL	133	2.1
Pineapple, cubes	125 mL	82	1.1
Plum	1	66	1.1
Prunes, dried	3	25	1.8
Prunes, dried, cooked, without added sugar	60 mL	63	3.6
Raspberries	125 mL	65	4.2
Strawberries	7	84	1.9
Tangerine (mandarin), canned, juice pack, drained	125 mL	100	1.2
Fruit Juices			
Apple juice, ready-to-drink, vitamin C added	125 mL	126	0.1
Cranberry juice, unsweetened, ready-to-drink	125 mL	134	0.1
Cranberry-apple juice-drink, ready-to-drink, low Calorie, vitamin C added	125 mL	127	0.1
Grape juice, ready-to-drink, vitamin C added	125 mL	132	0.1
Grapefruit juice, ready-to-drink, sweetened	125 mL	132	0.1
Orange juice, frozen, diluted	125 mL	132	0.3
Orange juice, ready-to-drink	125 mL	132	0.3
Orange juice, ready-to-drink, refrigerated, vitamin D and calcium added	125 mL	132	0.3
Prune juice, ready-to-drink	125 mL	135	1.4

Reference: Nutrient Value of Some Common Foods, Health Canada. Info retrieved on Wednesday July 12, 2011

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

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