

our handy guide to dietary fibre



Ideally most adults should be aiming for around **30g of fibre per day**. To help you work out your fibre intake, we have put together this summary to show you some common fibre levels of everyday foods:



food	serving size	fibre content
Raspberries	1 cup	7.0g
Chia seeds	1 tablespoon	5.6g
Chickpeas	100g	4.8g
Carrot (skin on)	1 cup	4.6g
Rolled oats	½ cup	4.5g
Broccoli	1 cup	3.8g
Boiled potato (with skin)	1 small (100g)	2.8g
Brown rice	1 cup	2.7g
Multigrain bread	1 slice	2.5g
Banana	1 medium	2.3g
Peanut butter	1 tablespoon	1.6g

Strategies to increase dietary fibre intake

When increasing fibre intake, it is important to do so gradually, in order to avoid unpleasant side-effects mentioned (right). Your body needs time to adjust to dietary changes, particularly if it isn't used to digesting large amounts of fibre. It is also critical when increasing fibre intake to also increase water intake. See below for some simple strategies to help with increasing fibre intake.

- Choose higher fibre products. This means products with more than 3g fibre per serve, or more than 7.5g per 100g.
- Swap white bread for multigrain bread.
- Leave the skin on vegetables such as carrot, potato, pumpkin and zucchini.
- Swap white crackers for wholegrain crackers.
- Choose higher fibre cereal such as rolled oats, untoasted muesli or a flakey cereal.
- Sprinkle nut/seed mix on yoghurt or cereal.
- Swap white rice for brown rice, quinoa or barley.
- Ensuring you're having 2 serves of fruit per day (1 serve = 1 medium piece such as a banana or apple, 2 smaller pieces such as plums or kiwi fruit, or 1 cup of chopped fruit.)
- Aiming for at least 5 serves of vegetables per day (1 serve = 1 cup salad veg or ½ cup cooked veg).



Can you eat too much fibre?

In a nutshell, yes. Excess intake of fibre (or certain types of fibre) can lead to unpleasant gastrointestinal symptoms particularly diarrhoea, pain, bloating and wind. This can commonly occur after very high fibre meals or when fibre intake is increased too rapidly. Speak to your doctor or nutritionist/dietitian for more advice.

