

Lower Fibre Food Choices

Healthy adults should aim for 25 to 38 grams of fibre per day. You may need to lower your fibre intake for a short time to help manage a medical condition. Low fibre diets often include 10 to 15 grams of fibre per day, but the total amount may depend on your medical condition or symptoms.

Fibre is found in plant foods like whole grains, beans, peas, and lentils, nuts and seeds, vegetables, and fruit. Animal foods such as meat, poultry, fish, eggs, and milk products do not have fibre. Cooking, chopping or blending food does not change the amount of fibre. Peeling vegetables and fruit and removing seeds can lower their fibre content.

This handout provides information on fibre amounts in some foods that might be suitable while on a lower fibre diet. For packaged foods, check the nutrition facts table for the amount of fibre in a serving. Talk to your healthcare provider or registered dietitian if you have questions about amounts of fibre that are right for you.

Vegetables and Fruit

<i>Food</i>	<i>Portion Size</i>	<i>Total Fibre (grams)</i>
Vegetables		
Bok choy [*] , boiled or raw	125mL (½ cup)	0.4-0.9
Cucumber	125mL (½ cup)	0.5
Celery	1 medium stalk	0.6
Bamboo shoots, boiled or canned	125mL (½ cup)	0.6-1.0
Spinach, raw	250mL (1 cup)	0.7
Lettuce	250mL (1 cup)	0.8
Summer squash	125mL (½ cup)	1.3

Food	Portion Size	Total Fibre (grams)
Eggplant	125mL (½ cup)	1.3
Pumpkin, boiled	125mL (½ cup)	1.4
Onion*	125mL (½ cup)	1.4
Cauliflower*, broccoli*, carrots, boiled	125mL (½ cup)	1.5-2.2
Tomato	1 medium	1.5
Yellow or green beans, boiled	125mL (½ cup)	1.6
Beets, boiled	125mL (½ cup)	1.6
Potato, mashed	125mL (½ cup)	1.7
Cabbage*, boiled or raw	125mL (½ cup)	1.3-1.7
Mushroom, boiled or raw	125mL (½ cup)	1.0-1.8
Bean sprouts*, raw	125mL (½ cup)	2.0
Cauliflower*, broccoli*, carrots, raw	125mL (½ cup)	2.0-3.3
Peppers, raw	125mL (½ cup)	2.2
Beet greens, boiled	250mL (1 cup)	2.2
Corn, boiled	125mL (½ cup)	2.3
Spinach, boiled	125mL (½ cup)	2.3
Parsnip, boiled	125mL (½ cup)	2.7
Winter squash, baked	125mL (½ cup)	3.0

Food	Portion Size	Total Fibre (grams)
Brussel sprouts, boiled	4 sprouts	3.0
Artichoke [*] , canned	125mL (½ cup)	3.6
Potato, baked with skin	1 medium	3.8
Fruit		
Watermelon	125mL (½ cup)	0.3
Cantaloupe, honeydew melon	125mL (½ cup)	0.6-0.7
Grapes	125mL (½ cup)	0.8
Pineapple	125mL (½ cup)	1.0-1.2
Applesauce	125mL (½ cup)	1.4
Mango	125mL (½ cup)	1.4
Mandarin orange	1 medium fruit	1.6
Fruit cocktail, canned	125mL (½ cup)	1.9
Grapefruit	½ fruit	2.0
Kiwi	1 medium fruit	2.1
Banana	1 medium fruit	2.1
Apple [*] , without skin	1 medium fruit	2.1
Orange	1 medium fruit	2.3
Papaya	½ fruit	2.6

<i>Food</i>	<i>Portion Size</i>	<i>Total Fibre (grams)</i>
Prunes, dried	60mL (¼ cup)	3.3
Apple*, with skin	1 medium fruit	3.5
Figs, dried	60mL (¼ cup)	3.8

*common gas producing foods

Grains

<i>Food</i>	<i>Portion Size</i>	<i>Total Fibre (grams)</i>
Pasta, grains, and rice		
Rice, white	125mL (½ cup)	0.4
Couscous	125mL (½ cup)	0.7
Pasta, white	125mL (½ cup)	0.9
Noodles, chow mein, rice, or egg	125mL (½ cup)	0.9-1.0
Rice, brown	125mL (½ cup)	1.5
Barley	125mL (½ cup)	2.0
Pasta, whole wheat	125mL (½ cup)	2.1
Popcorn, popped	2 cups	2.5
Quinoa	125mL (½ cup)	2.7
Breads and baked goods		

Food	Portion Size	Total Fibre (grams)
Pancake, waffle, white flour	1 piece	0.4-0.8
Biscuits, white flour	1 small biscuit	0.5
Pita, white flour	½ pita	0.7
Saltine crackers	10 crackers	0.8
English muffin, white flour	½ muffin	1.0
Tortilla, white flour	1 tortilla	1.1
Bagels, bread, bun, white flour	½ bagel, 1 slice (35g), 1 bun	1.2-1.4
Bread, rye	1 slice (35g)	1.4
Bread, whole grain flour	1 slice (35g)	2.1
Bread, pumpernickel	1 slice (35g)	2.2
Cereal		
Cream of rice, cooked	175mL (¾ cup)	0.2
Puffed rice	30g	0.5
Corn flakes	30g	1.3
Granola	30g	1.5-2.6
Oatmeal	175mL (¾ cup)	3.0-3.5
Oat bran, cooked	175mL (¾ cup)	3.6

<i>Food</i>	<i>Portion Size</i>	<i>Total Fibre (grams)</i>
Shredded wheat	30g	3.9

Protein foods

<i>Food</i>	<i>Portion Size</i>	<i>Total Fibre (grams)</i>
Tofu	100g	0.4
Soy beverage	250mL (1 cup)	0.5
Peanut butter, smooth, commercial	30mL (2 Tbsp)	1.8
Walnuts	60mL (¼ cup)	2.0
Peanut butter, natural	30mL (2 Tbsp)	2.5
Almond butter, natural	30mL (2 Tbsp)	3.3
Hazelnuts	60mL (¼ cup)	2.8
Flax seeds, whole	15mL (1 Tbsp)	2.9
Almonds	60mL (¼ cup)	3.8
Sunflower seed	60mL (¼ cup)	3.6
Pumpkin seeds	60mL (¼ cup)	3.7
Chia seeds	15mL (1 Tbsp)	3.7

Source: Canadian Nutrient File. Accessed December 2020



Additional Resources

For information and advice based on your specific food and nutrition needs and preferences, call **8-1-1** and ask to speak to a HealthLink BC dietitian.

For additional information, see the following resources:

- HealthLink BC www.healthlinkbc.ca – Get medically approved non-emergency health information.
- Dietitian Services Fact Sheets - Available by mail (call **8-1-1**) or visit www.healthlinkbc.ca/healthy-eating

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

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Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to www.healthlinkbc.ca/healthy-eating or call **8-1-1** (anywhere in BC). Interpreters are available in over 130 languages.