

Dietary considerations for increasing fibre intake

Example of a meal plan to meet daily fibre requirements

Breakfast
9.4g

34%
%DV women*

28%
%DV men*



Mid-morning snack
6.9g

25%
%DV women*

18%
%DV men*



Lunch
8.1g

29%
%DV women*

21%
%DV men*



Mid-afternoon snack
4.1g

15%
%DV women*

11%
%DV men*



Dinner
9.5g

34%
%DV women*

28%
%DV men*

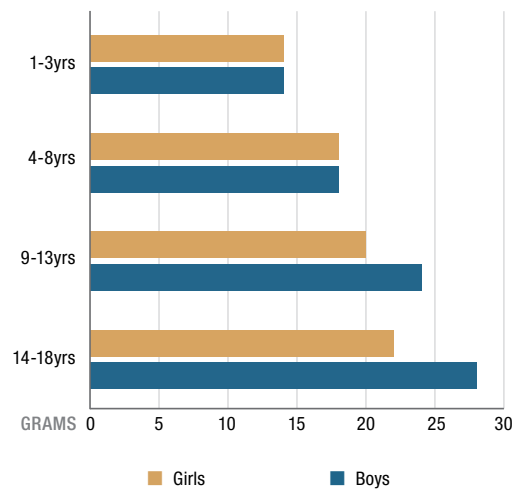


The following table gives approximate values for soluble, insoluble and total fibre content of foods commonly eaten as part of a varied, healthy, predominantly wholefood diet.

Also included is the % daily value (%DV); based on suggested dietary target (SDT) for fibre intake: **women= 28g, men= 38g.**

FOOD	SERVING SIZE	SOLUBLE FIBRE (G)	INSOLUBLE FIBRE (G)	TOTAL FIBRE (G)	%DV
Lentils, cooked	½ cup	3.3	4.5	7.8	Women: 28% Men: 21%
Pinto beans, cooked	½ cup	5.5	1.9	7.4	Women: 26% Men: 19%
Artichoke (globe or french), hearts cooked	½ cup	5.2	2.0	7.2	Women: 26% Men: 19%
Black beans, cooked	½ cup	3.8	3.1	6.9	Women: 25% Men: 18%
Wholegrain pasta, cooked	1 cup	4.1	2.2	6.3	Women: 23% Men: 17%
Kidney beans, cooked	½ cup	2.9	2.9	5.8	Women: 21% Men: 15%
Pear, with skin	1 medium	1.1	4.4	5.5	Women: 20% Men: 14%
Broccoli, cooked	1 cup	2.6	2.9	5.5	Women: 20% Men: 14%
Apple, with skin	1 medium	3.2	1.2	4.4	Women: 16% Men: 12%
Green peas, cooked	½ cup	3.2	1.2	4.4	Women: 16% Men: 12%
Lima beans, cooked	½ cup	2.1	2.2	4.3	Women: 15% Men: 11%
Barley, cooked	½ cup	3.3	0.9	4.2	Women: 15% Men: 11%
Okra, cooked	½ cup	3.1	1.0	4.0	Women: 14% Men: 11%
Oatmeal, cooked	1 cup	2.4	1.6	4.0	Women: 14% Men: 11%
Passion fruit, purple, pulp	2 fruits	2.0	1.8	3.8	Women: 14% Men: 10%
Blackberries	½ cup	3.1	0.07	3.8	Women: 14% Men: 10%
Brussel sprouts, cooked	1 cup	1.7	1.9	3.6	Women: 13% Men: 9%
Orange	1 medium	2.1	1.3	3.4	Women: 12% Men: 9%
Kiwi fruit	1 large	2.4	0.8	3.2	Women: 11% Men: 8%
Raspberries	½ cup	0.9	2.3	3.2	Women: 11% Men: 8%
Prunes, dried	4 medium	1.3	1.8	3.1	Women: 11% Men: 8%
Strawberries	1 cup	1.2	1.8	3.0	Women: 11% Men: 8%
Sunflower seeds, kernels, dried	¼ cup	1.1	1.9	3.0	Women: 11% Men: 8%
Potato with skin, baked	1 medium	1.5	1.5	3.0	Women: 11% Men: 8%
Wholegrain bread	1 slice	2.8	0.1	2.9	Women: 10% Men: 8%
Banana	1 medium	2.1	0.7	2.8	Women: 10% Men: 7%
Quinoa, cooked	½ cup	1.1	1.5	2.6	Women: 9% Men: 7%
Carrots, raw	1 medium	1.1	1.5	2.6	Women: 9% Men: 7%
Kale, chopped, cooked	1 cup	0.8	1.8	2.6	Women: 9% Men: 7%
Zucchini, sliced, cooked	1 cup	1.3	1.2	2.5	Women: 9% Men: 7%
Flaxseeds	1 tbsp.	1.3	1.1	2.4	Women: 9% Men: 6%
Figs, dried	3 (24g)	1.4	1.0	2.4	Women: 9% Men: 6%
Avocado	¼ (50g)	1.3	0.8	2.1	Women: 8% Men: 6%
Blueberries	½ cup	0.85	1.25	2.1	Women: 8% Men: 6%
Sweet potato with skin, baked	1 small	1.1	0.9	2.0	Women: 7% Men: 5%
Green string beans, cooked	½ cup	0.8	1.2	2.0	Women: 7% Men: 5%
Plums	2 fruits	1.0	0.8	1.8	Women: 6% Men: 5%
Almonds, raw	10 kernels	0.2	1.2	1.4	Women: 5% Men: 4%
Brown rice, cooked	½ cup	1.3	0.1	1.4	Women: 5% Men: 4%
Walnuts, raw, shelled	10 halves	0.2	1.1	1.3	Women: 5% Men: 3%
Tomato with skin	1 medium	0.3	1.0	1.3	Women: 5% Men: 3%

Adequate intake (AI) of dietary fibre in children

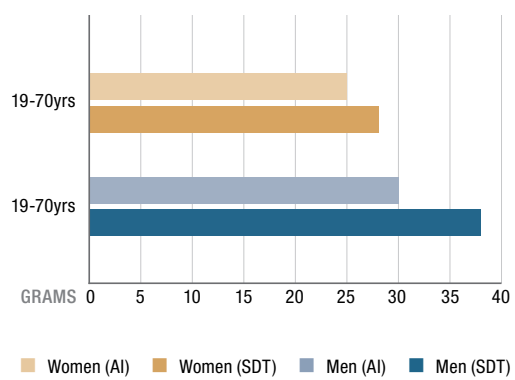


Suggested dietary target (SDT) for fibre intake to reduce risk of chronic disease.¹

Women 28g

Men 38g

AI and SDT fibre intake for adults



BRISTOL STOOL CHART²

Type	Illustration	Description
Type 1		Separate hard lumps like nuts (difficult to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage, but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces (entirely liquid)

References: 1. <https://www.nrv.gov.au/chronic-disease/summary> 2. World Gastroenterology Organisation (WGO) Global Guidelines. (2010). Constipation: a global perspective