

Dietary Fibre

What Is Dietary Fibre?

Dietary fibre refers to the parts of plant foods that the small intestine cannot digest. Fibre passes through the digestive tract mostly unchanged and plays a key role supporting healthy bowel function and gut microbiome. There are two main types of fibre, along with resistant starch - while not technically a fibre, acts in a similar way.

Soluble Fibre

- Dissolves in water to form a gel-like substance, which can help soften stools and slow down transit time (making it beneficial for both constipation and mild diarrhoea)
- **Sources:** Bananas, apples, pears, berries, avocado, oats, beans & legumes, sweet potato, peas, psyllium husk & Benefiber

Insoluble Fibre

- Does not dissolve in water and adds bulk to stool, which helps speed up transit time (making it beneficial for constipation)
- **Sources:** Wholegrain breads, wholemeal pasta, brown rice, quinoa, barley, fruit & vegetables with skins/seeds, nuts and seeds

Resistant Starch

- Fermented by gut bacteria and supports healthy microbiome
- **Sources:** Cooked-and-cooled potato or rice, unripe bananas, legumes, oats

Dietary Fibre

Minimum fibre requirements:
Males: 30g/day | **Females:** 25g/day

Food item (serving)	Fibre (g)	Food item (serving size)	Fibre (g)
Cereals		Grains	
All-Bran Original (1/2 cup)	13	Barley (1/2 cup, cooked)	5
Uncle Tobys Plus Fibre (1/2 cup)	7	Quinoa (1/2 cup, cooked)	3
Weet-Bix (2 biscuits)	4	Pasta (1 cup, cooked)	3
Just Right (2/3 cup)	4	Multigrain bread (1 slices)	2
Rolled oats (1/2 cup)	4	Rice (1/2 cup, cooked)	1
Lentils/legumes		Nuts/seeds	
Black beans (1/2 cup, cooked)	8	Chia seeds (1 tbsp)	5
Heinz baked beans (1/2 cup)	6	Flaxseeds (1 tbsp)	4
Lentils (1/2 cup, cooked)	5	Almonds (30g)	3
Chickpeas (1/2 cup, cooked)	5	Walnuts (30g)	2
Vegetables		Fruits	
Sweet potato (200g)	5	Prune juice (1 cup)	9
Potato (200g)	4	Blackberries (125g)	8
Peas (1/2 cup)	4	Raspberries (125g)	7
Pumpkin (200g)	4	Pear (1 medium)	4
Kale (1 cup)	4	Kiwi (1 regular)	3
Corn kernels (1/2 cup)	3	Prunes (3 regular)	2
Low starchy vegetables (1/2 cup)	~2	Dates (3 regular)	2