

the gut stuff

fibre table

Fibre, yup we know it's important but here at The Gut Stuff we know most of us aren't getting NEARLY enough of it.

We need to consume *30g of fibre per day as part of a healthy diet (SACN, 2015), which can be a hard number to hit when you think that one medium apple contains approximately 2.1 g fibre – that's a lot of apples!

Learn how much fibre you are getting with our handy table.

| | portion (g) | | fibre count (g) | our top tips |
|-----------------------|-------------|--------------------|-----------------|--|
| grains | | | | |
| oats | 40 | | 3.1 | Overnight oats with a mix of seeds and berries is our go-to. |
| brown rice | 160 | | 2.4 | We love the nutty taste. |
| wild rice | 160 | | 2.9 | Mix up your rice and go for this option instead. |
| whole grain sourdough | 50 | roughly 1 slice | 2.2 | Ideal for toasting, dipping, mopping, tearing, sharing (too far?)... anything really! |
| rye bread | 50 | roughly 1 slice | 3.6 | We make rye croutons for soups and salads. |
| barley | 80 | | 1.6 | Tastes delicious in soups. |
| buckwheat | 80 | | 2.2 | We cook up a batch and add to our salads. |
| corn | 200 | approx. 1 med. cob | 2.4 | Who doesn't love corn-on-the-cob, a great plant-based BBQ option. |
| quinoa | 90 | 1/2 cup | 5.6 | A great salad base or alternative to rice. |
| vegetables | | | | |
| onion | 60 | 1 small | 1.3 | Onion, carrot and celery always form the base of our soups and contain prebiotic goodness. |

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|----------------------------|---------------------------------|------------------------|---|
| cauliflower | 74 | 1.4 | Try roasting it with loads of spices and have it warm or cold in salads. |
| broccoli | 71 | 2.8 | Tried it dipped in hummus? |
| asparagus | 84 approx. 5/6 spears | 1.4 | Nothing beats fresh grilled asparagus. |
| jerusalem artichoke | 80 | 4 | Prebiotic queen of the veg world - your gut microbes will have a feast. |
| carrots | 80 | 1.9 | Grate, roast or eat raw - adds a fibre boost to most meals. We love carrot cake overnight oats. |
| cucumber | 150 1/4 of a cucumber | 1.1 | Not the highest in fibre but one of those salad staples we've grown up with. |
| rocket | 80 | 1.4 | Such an easy one to add to lunch or dinner, just grab a handful and wash. |
| new potatoes | 160 | 2.9 | Cook then cool to benefit from resistant starch too. |
| courgette | 80 | 1.6 | We add this to a tray of veggies to roast up on a Sunday ready for the week ahead. |
| peppers | 80 1/2 a pepper | 1.8 | So many colours! The more the merrier. |
| beans | 80 | 3.3 | The perfect dipper for hummus or a great addition to salads. |
| leeks | 89 1 leek | 1.8 | If you haven't got onions, leeks make a good alternative (and are super easy to grow!) |

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|----------------------------|-------------------|-----------------|--|
| fruit | | | |
| medium apple | 174 | 2.1 | We love apples as a snack dipped in peanut butter. |
| raspberries | 64 | 4.3 | Packing a heap of fibre, these are a great addition to overnight oats. |
| blueberries | 80 | 1.2 | Frozen or fresh, we love blueberries for their high polyphenol content. |
| strawberries | 160 1 cup | 6.1 | Strawberries and kefir (close your eyes and you'll be transported to Wimbledon). |
| medium plum | 70 | 1.6 | Make a plum crumble, stew or add to porridge – all hail the humble plum. |
| medium banana | 100 | 1.4 | The ultimate portable snack. |
| avocado | 70 1/2 avocado | 2.4 | Yep, it's a fruit. Cliché but we love it on toast. |
| medium orange | 162 | 1.9 | Mix it up and add to salads. |
| medium pear | 160 | 4.3 | Pear and blue cheese – need we say more. |
| tomatoes | 85 | 0.9 | Cooked, in salads or just on its own - we love the humble tomato. Experiment with colours. |
| good fibrations bar | | | |
| good fibrations bar | 35 | 10 | A third of your daily fix in one bar. (SACN,2015) |
| nuts & seeds | | | |
| pumpkin seeds | 28 | 1.8 | Add to a smoothie, top on salads or add into stir fries to boost your fibre intake. |
| sunflower seeds | 28 | 2 | |

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|---------------------------|--------------------|------------------------|--|--|
| sesame seeds | 28 | 2.6 | | |
| chia seeds | 28 | 11 | Mix with milk to form a gel-like texture and flavour with cocoa for a sweet treat. | |
| almonds | 28 | 4.5 | Whole, roasted or as butter – nuts are a great way to up your fibre and jazz up meals by adding flavour and texture. | |
| cashews | 28 | 1.2 | | |
| walnuts | 28 | 1.7 | | |
| pistachios | 28 | 2.3 | | |
| legumes/pulses | | | | |
| red lentils (dried) | 96 | 4.7 | We make a batch of daal using red lentils and loads of veg to last us through the week. | |
| green lentils (tinned) | 200 | 1/2 a tin | 9.2 | A quick addition to salads with almost no prep – win-win! |
| chickpeas (tinned) | 41 | 1/4 a tin | 2 | Not just for hummus, try roasting with spices for a snack. |
| butter beans (tinned) | 124 | 1/2 a cup | 5.1 | Try making hummus from butter beans instead. |
| black beans (tinned) | 100 | 1/2 a cup | 5.1 | Black bean chilli is our Friday night staple. |
| cannellini beans (tinned) | 172 | 1 cup | 7.2 | Try these mashed instead of potato. |

Read more on fibre on our website: thegutstuff.com/gut-tips/fibre/

*If you think your diet is low in fibre, build up your fibre intake slowly – increase the amount you consume by around 5g a day for a week. Some medical conditions mean that increased fibre intake isn't advisable.



The information provided here is as an information resource only and is not to be used or relied on for any diagnostic, treatment or medical purpose. All health issues should be discussed with your GP and/or other qualified medical professional.