

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.

	portion (g)	fibre count (g)	our top tips
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!)

	portion (g)	fibre count (g)	our top tips
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	

	portion (g)	fibre count (g)	our top tips	
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.