

THE FIBRE CONTENT OF A SELECTION OF GLUTEN FREE FOODS

Table 1: Nuts and seeds

	Portion Size	Fibre (g)
Almonds (plain)	6 whole (6g)	0.8
	Small handful (20g)	2.6
Pecans (plain)	3 whole (12g)	0.9
	Small handful (20g)	1.6
Peanuts (plain)	10 kernels (13g)	0.9
	Small handful (20g)	1.5
Walnuts (plain)	3 whole (12g)	0.7
	Small handful (20g)	1.2
Coconut, desiccated	1 tbsp (8g)	1.7
Sesame seeds	1 teaspoon (4g)	0.5
	1 tbsp (12g)	1.1
Sunflower seeds	1 teaspoon (5g)	0.5
	1 tbsp (16g)	1.1
Flax seeds, milled	1 teaspoon (2.5g)	0.7
	1 tbsp (7.5g)	2.1
Chia seeds	1 teaspoon (3g)	0.9
	1 tbsp (9g)	2.9
Poppy seeds	1 teaspoon (3g)	0.6
	1 tbsp (9g)	1.8
Peanut butter, smooth	1 tbsp (15g)	1.0
Almond butter, smooth	1 tbsp (15g)	1.8
Tahini	1 tbsp (15g)	1.2

Table 2: Peas, beans and pulses

	Portion Size	Fibre (g)
Baked beans (in tomato sauce)	1 tbsp (40g)	2.0
	½ standard can (200g)	9.8
Peas, frozen (boiled)	3 heaped tbsp (80g)	4.2
Edamame beans, frozen (boiled)	3 heaped tbsp (80g)	5.0
Broad beans, frozen (boiled)	3 heaped tbsp (80g)	3.7
Chick peas (cooked)	4 tbsp (150g)	7.2
Haricot beans (cooked)	4 tbsp (150g)	10.0
Kidney beans (cooked)	4 tbsp (150g)	13.0
Butter beans (cooked)	4 tbsp (150g)	6.2
Red lentils (boiled)	4 tbsp (150g)	6.2
Mung beans (boiled)	4 tbsp (150g)	7.2
Peas, split (boiled)	4 tbsp (150g)	4.1

Table 3: Fruit

	Portion Size	Fibre (g)
Figs, dried	1-2 figs (30g)	2.3
Apricots, dried	3-4 apricots (30g)	6.5
Raisins	1 tbsp (30g)	1.8
Cherries	14 cherries	1.3
Apple	1 medium apple	2.1
Grapes, red or green	A handful (16 grapes)	1.0
Kiwi	2 whole kiwis	2.8
Pears	1 medium pear	4.3
Peaches	1 medium peach	2.5
Plum	2 medium plums	3.2
Blueberries	2 handfuls	1.2
Strawberries	6-7 strawberries	3.0
Raspberries	20 raspberries	5.4
Blackberries	16 blackberries	5.3
Satsumas	2 medium satsumas	1.8
Orange	1 medium orange	1.9
Pineapple	1 large slice without skin	1.5
Banana	1 medium banana	1.4
Avocado	½ avocado	3.8

All portions for fresh fruits are equivalent to around 80g.

Table 4: Vegetables

	Portion Size	Fibre (g)
Asparagus (boiled)	5 spears	1.1
Parsnip (boiled)	3 heaped tbsp	3.5
Broccoli (boiled)	2 broccoli spears	2.2
Sweetcorn, baby (boiled)	6 baby corns	3.0
Sweetcorn, kernels, canned (boiled)	3 heaped tbsp	2.5
Carrot (boiled)	3 heaped tbsp	2.2
Beetroot (boiled)	2 small beetroot	1.8
Cabbage, green (boiled)	3 heaped tbsp	1.8
Cabbage, red (raw)	3 heaped tbsp	2.3
Kale, curly (boiled)	4 heaped tbsp	2.2
Butternut squash (baked)	3 heaped tbsp	2.6
Onion (raw)	½ medium onion	1.8
Spring onions (raw)	8 spring onions	2.0
Okra (boiled)	16 medium fingers	2.8
Radish (raw)	4 whole radishes	0.7
Swede (boiled)	3 heaped tbsp	0.6
Turnip (boiled)	3 heaped tbsp	1.5
Beans, green (boiled)	3 heaped tbsp	3.3
Lettuce (raw)	1 cereal bowl	1.2
Watercress (raw)	1 cereal bowl	2.4
Sweet potato (skin on, baked)	3 heaped tbsp	2.5
	1 large (180g)	5.6

All portions for vegetables (unless otherwise stated) are equivalent to around 80g.

Table 5: Potatoes, grains and other starchy foods

	Portion Size	Fibre (g)
Baked potato (skin on, baked)	One medium (180g)	4.7
New and salad potatoes (skin on, boiled)	5-6 thumb size new potatoes (175g)	3.2
Grains:		
White rice, basmati	75g raw weight	0.8
Brown rice, basmati	75g raw weight	2.5
Amaranth	75g raw weight	5.0
Buckwheat groats	75g raw weight	2.7
Quinoa	75g raw weight	5.3
Millet	75g raw weight	6.4
Polenta (corn meal)	75g raw weight	2.8
Gluten free oats*	3 tbsp (40g)	3.5
Popcorn (plain)	Couple of handfuls	4.5
Noodles, 100% brown rice	75g raw weight	2.3
Pasta, made from rice and corn flour	75g raw weight	0.9
Pasta, 100% brown rice flour	75g raw weight	2.9
Pasta, 100% red lentil flour	75g raw weight	5.8