



Gloria Cicchini
Naturopath



Cooked Artichoke
1/2 Cup
7.2g Fibre



Cooked Kale
1 Cup
2.6g Fibre



Cooked Oatmeal
1 Cup
4g Fibre



Cooked Zucchini
1 Cup
2.6g Fibre



Cooked Lentils
1/2 Cup
7.8g Fibre



Pear with skin
Medium size
5.5g Fibre



Wholegrain Bread
1 slice
2.9g Fibre



Cooked Green String Beans
1/2 Cup
2g Fibre



Cooked Okra
1/2 Cup
4g Fibre



Avocado
One quarter
2.1g Fibre



Brussel Sprouts
1 Cup
3.6g Fibre



Cooked Broccoli
1 Cup
5.5g Fibre



Cooked Quinoa
1/2 Cup
2.6g Fibre



Kiwifruit
1 Large
3.2g Fibre



Almonds Raw
10 Kernels
1.4g Fibre



Dried Prunes
4 Medium size
3.1g Fibre



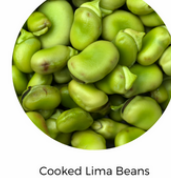
Strawberries
1 Cup
3g Fibre



Blackberries
1/2 Cup
3.8g Fibre



Cooked Wholegrain Pasta
1 Cup
6.3g Fibre



Cooked Lima Beans
1/2 Cup
4.3g Fibre



Walnuts
10 halves
1.3g Fibre



Pulse Pasta
1 Cup
8g Fibre



Kidney Beans
1/2 Cup
5.8g Fibre



Chickpeas
1/2 Cup
5.5g Fibre



Barley
1/2 Cup
4.2g Fibre



Apple with skin
Medium size
4.4g Fibre



Cooked Brown Rice
1/2 Cup
1.4g Fibre



Cooked Green Peas
1/2 Cup
4.4g Fibre

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The following table gives the approximate total of fibre that someone should commonly eat as the recommended intake.

Fibre

Dietary fibres are found in the indigestible parts of plants, such as the leaves, stems and roots. Fibre is basically carbohydrates that are found in plant-based foods, like fruit, vegetables, pulses and grains

Age	Male	Female
Adults	38g	28g
Children (4-8yo)	18g	18g
Children (9-13yo)	22-24g	20-22g
Teenagers (14-18yo)	24-28g	22-25g