

Foods with Fibre

Below are some examples of foods with fibre. Choose foods with fibre every day.

Vegetables and fruits					
					
Green peas	Pear	Avocado	Edamame	Raspberries	Apple
					
Orange	Corn	Broccoli	Green beans	Banana	Squash
					
Baked potato	Sweet potato	Carrot	Strawberries	Turnip	Cauliflower
Grain foods					
					
Bran cereal	Bran flakes	Oatmeal	Wheat bran	Barley or bulgur	Quinoa
					
Popcorn	Whole wheat roti or pita	Whole grain pasta	Whole grain bread	Brown rice	
Protein foods					
					
Flax seed	Hummus	Black beans	Kidney beans	Chickpeas	Lentils
					
Almonds	Nuts	Pumpkin seeds	Nut butters	Hemp seeds	

Find fibre on food packages.

Look at the Nutrition Facts table on food labels. Compare food labels and choose foods with more fibre.

Look for fibre here



Nutrition Facts	
For 6 crackers (30 g) pour 6 craquelins (30 g)	
% Daily Value*	
Calories 180	
Fat / Lipides 2 g	3 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 35 g	15 %
Fibre / Fibres 4 g	7 %
Sugars / sucres 7 g	
Protein / Protéines 5 g	5 %
Cholesterol / Cholestérol 0 mg	10 %
Sodium 120 mg	2 %
Potassium 450 mg	45 %
Calcium 30 mg	
Iron / Fer 8 mg	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Other things I should know:

For more information on fibre, go to healthyeatingstartshere.ca and search for [Fibre Facts](#).