

Dietary fibre content of different food groups

Food group and amount		Dietary fibre (g)
Grains		
White rice (cooked)	100g	0.2
Brown rice (cooked)	100g	1.8
Wholemeal bread	100g	6.8
Breakfast cereals, whole wheat flakes	100g	11.7
Breakfast cereals, cornflakes	100g	3.6
Oatmeal (uncooked)	100g	10.6
Oatmeal (cooked)	100g	1.7
Quinoa (cooked)	100g	2.8
Fruits/ dried fruits		
Apple (with skin)	100g	2.4
Orange (peeled)	100g	2.4
Banana (peeled)	100g	2.6
Green kiwi	100g	3.0
Avocado	100g	6.7
Pear (Asian)	100g	3.6
Dried apricot	100g	7.7
Dried prune	100g	7.1
Raisin (seedless)	100g	3.7
Vegetables		
Broccoli (cooked)	100g	3.3
Chinese kale (cooked)	100g	2.5
Spinach (cooked)	100g	2.4
Lettuce (cooked)	100g	1.9
Choy sum (cooked)	100g	1.6
Red tomato	100g	0.7
Carrot (cooked)	100g	3.0
Corn (cooked)	100g	2.4
Shiitake mushroom (cooked)	100g	2.1
Potatoes (baked, with skin)	100g	2.1
Sweet potato (baked, with skin)	100g	3.3

Food group and amount		Dietary fibre (g)
Dried beans		
chickpeas (cooked)	100g	7.6
Soya bean (cooked)	100g	6.0
Red bean (cooked)	100g	7.3
Mung bean (cooked)	100g	7.6
Red kidney bean (cooked)	100g	7.4
Nuts		
Cashew nut (roasted)	100g	3.0
Peanut (roasted)	100g	8.0
Sesame (roasted)	100g	14.0
Pistachio (roasted)	100g	10.3
Almond (roasted)	100g	11.8

Recipes rich in dietary fibre

Food type and amount		Dietary fibre content (g)
Breakfast	Low fat milk, 1 glass (240ml)	0
	Wholemeal bread, 2 slices (56g)	3.8
	Egg, 1 piece (50g)	0
Morning snack	Raisins, 1/3 cup (49g)	1.8
	Almond, 1 oz. (28g)	3.3
Lunch	Brown rice, 1 bowl (195g)	3.5
	Steamed fish (120g)	0
	Broccoli (cooked), 1/2 bowl (90g)	2.9
	Banana, 1 piece (118g)	3.0
Afternoon snack	Boiled corn, 1/2 bowl (82g)	1.9
Dinner	Brown rice, 1 bowl (195g)	3.5
	Chinese kale (cooked), 1/2 bowl (65g)	1.6
	Meat or chicken (120g)	0
	Orange, 1 piece (131g)	3.1
Total dietary fibre content		28.4

Reference: Nutrient Information Inquiry System, Centre for Food Safety

Dietary Fibre And Your Body



Student Health Service Department of Health

Student Health Service website: www.studenthealth.gov.hk

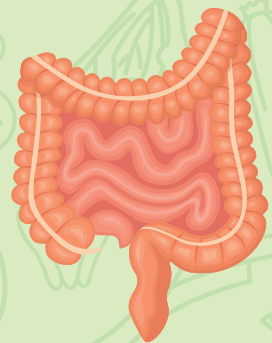
Dietary fibre is the portion of food that cannot be digested by our bodies. Therefore, there is a misconception that dietary fibre is just food remains which provides no nutritional value. Actually, dietary fibre can be divided into two types: soluble and insoluble fibre. Both serve different functions in the body and can be obtained from different foods.

Health benefits of dietary fibre

Eating moderate amount of dietary fibre-rich foods helps prevent the development of many chronic diseases and improve body health.

Prevent and relieve constipation

Dietary fibre increases faecal volume and stimulates peristalsis. It swells, absorbs water and lubricates the large intestine to soften faeces and make defecation easier.



Prevent colon cancer

Dietary fibre shortens the retention time of food residues in the intestine and so prevents the accumulation of carcinogens.

Help maintain gut health

Dietary fibre promotes the activity of intestinal bacteria to maintain gut health.



Help weight control and reduce the chance of obesity

Eating dietary fibre-rich food requires relatively more time to chew. This can make people feel full easily, thus eating less food.

Help to stabilise blood glucose level and control diabetes

Soluble dietary fibre can slow down the absorption of sugar.

Help lower blood cholesterol level and prevent heart disease

Soluble dietary fibre combines with bile to enhance bile excretion and lower blood cholesterol level.



Foods rich in dietary fibre

Grains - wholemeal bread, red rice, oatmeal

Vegetables - Chinese kale, broccoli, spinach

Root vegetables - potato (with skin), sweet potato

Beans - chickpeas, red kidney bean, soya bean, red bean

Fungi - straw mushroom, shiitake mushroom, mushroom, cloud ear fungus

Fruits - orange, grapefruit, prune

Others - sesame, almond, cashew nut, peanut



Daily dietary fibre requirement

Daily requirement(g)	
Adolescents and Adults	Not less than 25g
Children	Age + 5g e.g. a 6-year-old child would need 6+5 = 11g of dietary fibre per day.

Reference: Centre for Health Protection (Dietary Fibre)

Essential facts

- Obtain dietary fibre from food rather than supplements (e.g. fibre tablets, powders, etc.).
- Eat different varieties of dietary fibre-rich food as dietary fibre obtained from different food serves different functions.
- Increase the intake of dietary fibre progressively to avoid gastrointestinal symptoms caused by a sudden intake of a large amount of dietary fibre.
- Eat unpeeled fruits and vegetables (e.g. unpeeled cucumber, plums, apple and grapes, etc.).
- Since the dietary fibre content in fresh fruit is higher than juice, eating fresh fruit is better than drinking juice.
- Dietary fibre absorbs water. It is suggested to drink 6 to 8 glasses of fluid per day to allow the dietary fibre function effectively.
- Although dietary fibre is important to health, we should not neglect other food groups. A well balanced diet and regular exercise are of the utmost importance to good health.

