

Dietary fibre content of different food groups

Food group and amount		Dietary fibre (g)
Grains		
White rice (Round grained rice, steamed)	100g	0.2
Brown rice (cooked)	100g	1.7
Wholemeal bread	100g	6.9
Muesli (added dried fruit & nuts)	100g	11.4
Breakfast cereals, cornflakes	100g	3.2
Oatmeal (whole grain)	100g	10.4
Quinoa	100g	2.8
Fruits and dried fruits		
Fuji apple (with skin)	100g	1.7
Red delicious apple (with skin)	100g	2.4
Orange (peeled)	100g	2.4
Banana	100g	1.2
Green kiwifruit (peeled)	100g	3.0
Avocado	100g	7.5
Strawberry	100g	2.5
Blueberry	100g	3.5
Western pear (with skin)	100g	3.0
Dragon fruit	100g	1.7
Dried apricot	100g	8.4
Dried prune	100g	7.8
Sultana	100g	3.3
Vegetables		
Broccoli (boiled)	100g	2.5
White cabbage (boiled)	100g	2.4
Water spinach (boiled)	100g	2.3
Lettuce (boiled)	100g	1.9
Chinese flowering cabbage (Choy sum) (boiled)	100g	2.0
Tomato	100g	1.3
Boiled carrot (peeled)	100g	3.3
Chinese kale	100g	2.3

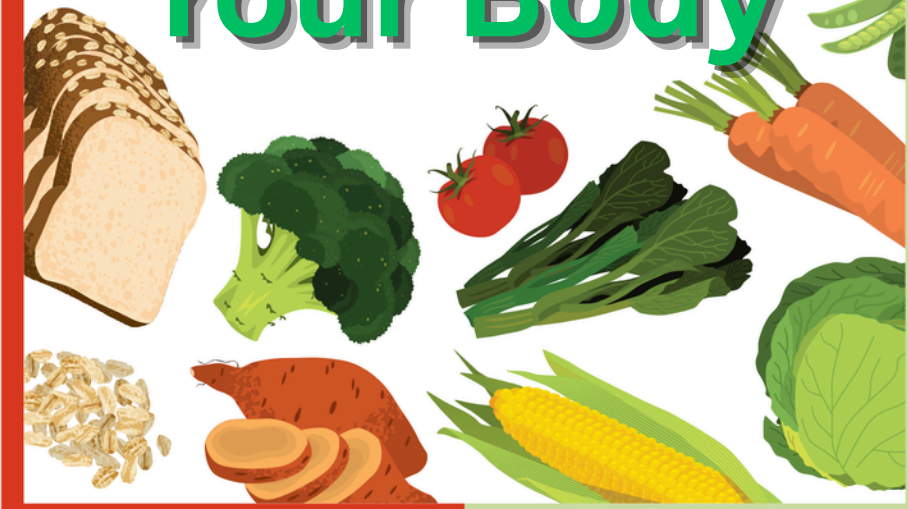
Food group and amount		Dietary fibre (g)
Spinach	100g	1.7
Corn	100g	3.8
Shitake mushroom	100g	3.3
New potato (baked, peeled)	100g	1.7
Sweet potato (baked, orange flesh, peeled)	100g	3.1
Dried beans		
Soya bean	100g	15.5
Black Soya bean	100g	10.2
Mung bean	100g	6.4
Red kidney bean (fresh, boiled, drained)	100g	9.8
Nuts and seeds		
Cashew nut (roasted)	100g	3.0
Peanut (roasted, with skin)	100g	8.3
Sesame	100g	14.0
Pistachio	100g	9.0
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)	3.9
	Egg, 1 piece (50g)	0
Morning snack	Sultana, 1/3 cup (49g)	1.6
	Roasted almond, 1oz. (28g)	3.3
Lunch	Brown rice, 1 bowl (195g)	3.3
	Steamed fish (120g)	0
	Broccoli (boiled), 1/2 bowl (90g)	2.3
Afternoon snack	Banana, 1 piece (110g)	1.3
	Boiled carrot (peeled) 1/2 bowl (78g)	2.6
Dinner	Brown rice, 1 bowl (195g)	3.3
	Chinese flowering cabbage (Choy sum) (boiled), 1/2 bowl (65g)	1.3
	Meat or chicken (120g)	0
Orange, 1 piece (130g)		3.1
Total dietary fibre content		26

Reference: Nutrient Information Inquiry System, Centre for Food Safety

Dietary Fibre and Your Body



Student Health Service Department of Health

Dietary fibre

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.

Help maintain gut health

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

Prevent colon cancer

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

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 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, brown rice, oatmeal
- **Vegetables** - Chinese kale, broccoli, spinach
- **Root vegetables** - potato (with skin), sweet potato
- **Mushrooms and seaweeds** - straw mushroom, shitake mushroom, mushroom, cloud ear fungus
- **Fruits** - orange, grapefruit, prune
- **Beans** - red kidney bean, soya bean, red bean
- **Others** - sesame, almond, cashew nut, peanut

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 and whole fruit is better than drinking juice.
- Dietary fibre absorbs water. To help dietary fibre function effectively, drinking 6 to 8 glasses of fluid per day is suggested.
- 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.

Daily dietary fibre requirement

- The daily recommended intake of dietary fibre for adults and teenagers is 25 grams or more.
- For children, the daily requirement of dietary fibre in grams is equivalent to their age plus five.
 - For example, the daily recommended intake of dietary fibre for a six-year-old child is $6+5$ grams = 11 grams.