

## Food Sources of Soluble Fibre

Dietary fibre comes from plant foods. There are two types: soluble and insoluble fibre. Most fibre containing foods have a mix of both.

- | Insoluble fibre is found in the skins of vegetables and fruit and the bran portion of whole grains. Insoluble fibre helps promote regularity and a healthy digestive system.
- | Soluble fibre can be found in some vegetables, fruit, grains and legumes such as dried beans and peas. When water is added to a food the soluble fibre thickens and becomes sticky, gummy and gel like. Soluble fibre can help slow the digestion of food.

Soluble fibre helps to:

- | Lower blood cholesterol levels. Aim for at least 10 grams (g) of soluble fibre every day.
- | Control blood glucose (sugar) levels. This is helpful if you have diabetes or if you suffer from hypoglycemia (low blood sugar)
- | Manage diarrhea and loose stools
- | Reduce some of the symptoms of Irritable Bowel Syndrome
- | Reduce the risk of getting intestinal ulcers
- | Have a healthier colon by increasing the amount of healthy bacteria

How much soluble fibre should I aim for?

There are no guidelines on how much soluble fibre you should have for a healthy diet. Instead, recommendations are for total dietary fibre which includes a mixture of both soluble and insoluble fibre. Men and women over the age of 18 should aim for at least 21-38 grams of total dietary fibre each day. For more information about how much dietary fibre you should get in your diet, see the Additional Resource section.

Certain types of foods contain more soluble fibre than insoluble fibre. To help you get more soluble fibre in your diet, choose foods from the table below.

Increase your dietary fibre intake slowly and drink more fluids as your fibre intake increases. This will help the fibre to work better and prevent gas, bloating and diarrhea.

### Soluble Fibre Content of Some Common Foods

Dried beans and peas, oat products, psyllium are some of the best sources of soluble fibre. See the list below for the soluble fibre content from a variety of foods.

| <i>Food</i>                        | <i>Serving Size</i> | <i>Soluble fibre (g)</i> |
|------------------------------------|---------------------|--------------------------|
| <i>Vegetables and Fruit</i>        |                     |                          |
| Passion Fruit, purple              | 125 mL (½ cup)      | 6.5                      |
| Avocado                            | ½ fruit             | 2.1                      |
| Brussels sprouts, cooked           | 125 mL (½ cup)      | 2                        |
| Figs, dried                        | 60 mL (¼ cup)       | 1.9<                     |
| Orange                             | 1 medium            | 1.8                      |
| Sweet Potato, cooked, without skin | 125 mL (½ cup)      | 1.8                      |
| Asparagus, cooked                  | 125 mL (½ cup)      | 1.7                      |
| Turnip, cooked                     | 125 mL (½ cup)      | 1.7                      |
| Edamame, (soybean, green,          | 125 mL (½ cup)      | 1.5                      |

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| <i>Food</i>              | <i>Serving Size</i> | <i>Soluble fibre (g)</i> |
|--------------------------|---------------------|--------------------------|
| cooked)                  |                     |                          |
| Broccoli, cooked         | 125 mL (½ cup)      | 1.2-1.5                  |
| Pear, with skin          | 1 medium            | 1.1-1.5                  |
| Apricots, raw, with skin | 3                   | 1.4                      |
| Nectarine, raw with skin | 1 medium            | 1.4                      |
| Eggplant                 | 125 mL (½ cup)      | 1.3                      |
| Collard greens, cooked   | 125 mL (½ cup)      | 1.3                      |
| Peach, with skin         | 1 medium            | 1.0-1.3                  |
| Peas, green, cooked      | 125 mL (½ cup)      | 0.8-1.3                  |
| Carrot, cooked           | 125 mL (½ cup)      | 1.1-1.2                  |
| Mango                    | ½ fruit             | 0.7-1.1                  |
| Grapefruit               | ½ fruit             | 0.7-1.1                  |
| Plum, with skin          | 2 fruits            | 1.1                      |
| Prunes, dried            | 3                   | 1.1                      |
| Apricots, dried          | 60 mL (¼ cup)       | 1.1                      |
| Guava, raw, ripe         | 1 fruit             | 1.1                      |
| Potato, white, with skin | 1 small             | 1.1                      |
| Apple, red, with skin    | 1 medium            | 0.9-1.0                  |

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| <i>Food</i>             | <i>Serving Size</i> | <i>Soluble fibre (g)</i> |
|-------------------------|---------------------|--------------------------|
| Beans, green, cooked    | 125 mL (½ cup)      | 1.0                      |
| Apple                   | 1 medium            | 1.0                      |
| Okra, cooked            | 125 mL (½ cup)      | 1.0                      |
| Beets, skinless         | 125 mL (½ cup)      | 0.8                      |
| Banana                  | 1 medium            | 0.7                      |
| <i>Grain Products</i>   |                     |                          |
| Bran Buds with Psyllium | 30 g (1/3 cup)      | 2.7                      |
| Oat bran, cooked        | 175 mL (¾ cup)      | 2.2                      |
| Oat flakes              | 250 mL (1 cup)      | 1.5                      |
| Oatmeal, cooked         | 175 g (¾ cup)       | 1.4                      |
| Bran cereal (non flake) | 30 g (1/3 cup)      | 1.4                      |
| Oat bran muffin         | 1 medium(57 g)      | 1.4                      |
| O-shaped cereal         | 30 g (1 ¼ cup)      | 1.2                      |
| Bread, rye              | 35 g (1 slice)      | 0.6-1.0                  |
| Crisp bread crackers    | 3 crackers          | 0.9                      |
| Raisin bran muffin      | 57g (1 medium)      | 0.8                      |
| Barley, pearled, cooked | 125 mL (½ cup)      | 0.8                      |

| <i>Food</i>                                    | <i>Serving Size</i>                                    | <i>Soluble fibre (g)</i> |
|--|--|--------------------------|
| Bread, whole wheat                             | 30 g (1 slice)   | 0.5                      |
| Brown rice, cooked                             | 125 mL (½ cup)   | 0.5                      |
| Pasta, (whole wheat, white), cooked            | 125 mL (½ cup)   | 0.5                      |
| Melba toast, whole wheat                       | 6 crackers   | 0.5                      |
| <i>Milk and Milk Products</i>                  | This food group contains very little of this nutrient. |                          |
| <i>Meat and Alternatives</i>                   |  |                          |
| Black beans, cooked                            | 175 mL (¾ cup)   | 5.4                      |
| Lima Beans                                     | 175 mL (¾ cup)   | 5.3                      |
| Soy nuts                                       | 60 mL (¼ cup)  | 3.5                      |
| Navy beans, cooked                             | 175 mL (¾ cup)   | 3.3                      |
| Pinto beans, cooked                            | 175 mL (¾ cup)   | 3.2                      |
| Kidney beans, cooked                           | 175 mL (¾ cup)   | 2.6-3.0                  |
| Tofu, cooked                                   | 150 g (¾ cup)  | 2.8                      |
| Baked beans, canned with pork and tomato sauce | 175 mL (¾ cup)   | 2.6                      |
| Chickpeas, cooked                              | 175 mL (¾ cup)   | 2.1                      |
| Soy burger                                     | 85 g (1 patty)   | 2.0                      |

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| <i>Food</i>              | <i>Serving Size</i> | <i>Soluble fibre (g)</i> |
|--------------------------|---------------------|--------------------------|
| Flax seed, whole         | 15 ml (1 Tbsp)      | 0.6-1.2                  |
| Hazelnuts, without shell | 60 mL (¼ cup)       | 1.1                      |
| Sunflower seeds          | 60 mL (¼ cup)       | 1.0                      |
| Flax seed, ground        | 15 mL (1 Tbsp)      | 0.4-0.9                  |
| Lentils, cooked          | 175 mL (¾ cup)      | 0.8                      |
| <i>Supplements</i>       |                     |                          |
| Psyllium husks, ground   | 15 mL (1 Tbsp)      | 3.5                      |
| Metamucil                | 15 mL (1 Tbsp)      | 3.4                      |



## Additional Resources

### Food Sources of Fibre

[www.onpen.ca/Docviewer.aspx?id=7474](http://www.onpen.ca/Docviewer.aspx?id=7474)

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## Notes

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