

FIBRE CONTENT OF EVERYDAY FOODS

Serving size (grams)	Fibre content (grams)		Serving size (grams)	Fibre content (grams)	
BREAD			BREAKFAST CEREALS		
25	1.5	Wholemeal	40	9.6	All-bran
25	0.9	Brown	40	8.8	Bran buds
25	0.8	Hovis	30	3.9	Bran flakes
25	0.4	White	30	3.0	Sultana bran
			30	2.1	Fruit 'n fibre
FLOUR			30	1.8	Country store
25	2.3	Wholemeal	30	2.7	Raisin splizt
25	1.6	Brown Flour	30	0.3	Corn flakes
25	0.8	White Flour	40	2.6	Muesli
25	0.8	Oatmeal - raw			
25	0.5	Rice - brown	BISCUITS & PASTRY		
			25	2.9	Crispbread - rye
NUTS			12	0.3	Digestive
25	1.9	Almonds	12	0.2	Gingernuts
25	1.1	Brazils	25	1.5	Oatcakes
25	1.1	Chestnuts	25	0.5	Shortbread
25	1.6	Hazelnuts	50	1.1	Short pastry
25	1.8	Coconut			
25	1.6	Peanuts	RICE		
25	1.4	Peanut butter	150	1.2	Brown
25	0.9	Walnuts			
VEGETABLES			FRUIT (raw)		
75	1.9	Carrots	100	1.8	Eating apples
75	1.9	Beetroot	75	2.6	Avocado pear
75	2.6	Swedes	100	1.1	Banana

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100	1.4	Potatoes - jacket	100	3.1	Blackberries
100	1.1	Potatoes - new	100	0.9	Cherries
100	1.2	Potatoes - peeled & boiled	15	0.5	Dates - dried
100	1.6	Spinach	20	1.5	Figs - dried
100	3.0	Broccoli tops	100	0.7	Black grapes
100	3.6	Spring greens	80	1.0	Grapefruit
100	4.8	Sprouts	150	1.5	Melon
90	1.6	Cabbage	160	2.7	Orange
90	2.2	Cabbage - raw	110	1.7	Peach
90	1.4	Cauliflower	170	3.7	Pear
30	0.3	Celery - raw	24	0.5	Raisins
80	1.4	Leeks	60	1.5	Raspberries
30	0.3	Lettuce	100	1.1	Strawberries
65	3.3	Peas - frozen	24	0.5	Sultanas
85	4.1	Peas - canned	80	1.0	Pineapple
65	2.9	Peas - fresh			
120	7.8	Broad beans			FRUIT (cooked with sugar)
60	2.8	Butter beans	140	3.9	Blackcurrants
135	5.0	Baked beans	140	2.7	Gooseberries
90	1.7	Runner beans	140	1.7	Plums
90	3.7	French beans	24	0.6	Prunes
120	2.3	Lentils - split	140	1.7	Rhubarb
125	1.6	Corn-on-the-cob			
60	0.8	Sweetcorn - can			
85	0.9	Tomatoes - raw			
60	1.0	Onions			

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