

# EAT YOUR FIBRE: *Bob*

## *Breakfast*

### Cereal + Fruit

2 cups Corn Flakes + 1 cup milk  
1 banana

## *Snack*

Coffee + milk

## *Lunch*

### Roasted Chicken Sandwich + Green Salad

2 slices white bread + 3 oz roasted chicken +  
2 slices cheddar cheese + mayo + mustard  
1 cup iceberg lettuce salad with dressing

## *Snack*

1 apple + 6 saltine crackers

## *Dinner*

### Grilled Steak with Rice and Veggies

3 oz steak tenderloin + 1 cup white rice  
1/2 cup string beans  
1 slice French bread



# EAT YOUR FIBRE: *Sally*

## *Breakfast*

### Peanut Butter Toast + Fruit

2 slices sprouted grain bread

2 tbsp peanut butter

1 banana

## *Snack*

1/2 cup yogurt + 1/2 cup blackberries

## *Lunch*

### Chicken Alfredo + Spinach Salad

1 cup whole wheat pasta +

3 oz roasted chicken + Alfredo sauce

1 cup spinach salad with vinaigrette

## *Snack*

1/4 cup almonds

## *Dinner*

### Black Bean Chili

3/4 cup black beans + 1/2 cup yam +

1/4 cup green pepper + 1/2 cup tomato +

1/4 cup corn + 1/4 cup lean ground beef



BC Centre for Disease Control  
Provincial Health Services Authority

Food Skills  
for Families

# Let's Boost Your Fiber Intake

**Fiber is good for you!** It helps keep you full and helps keep your system moving smoothly. Most people don't eat enough fiber. Read below to see how much fiber you need each day and where you can find it.

AGE (YEARS)	MALE	FEMALE
1 to 3	19 grams	19 grams
4 to 8	25 grams	25 grams
9 to 13	31 grams	26 grams
14 to 18	38 grams	26 grams
19 to 50	38 grams	25 grams
51 to 70+	30 grams	21 grams
Pregnancy (any age)	-	28 grams
Breastfeeding (any age)	-	29 grams

Food Groups	Portion	Total Fibre (g)
<b>GRAINS</b>		
<b>Cereals</b>		
All Bran	1/2 cup	10.0-13.0
Barley	1/2 cup	15.6
Bran Flakes	1 cup	4.8
Bran, 100% natural wheat bran	2 Tbsp	3.0
Corn Flakes	1 cup	0.7
Oat bran, prepared	3/4 cup	5.0
Oatmeal, prepared	3/4 cup	2.0-3.0
Raisin Bran	1 cup	6.7
Shredded Wheat	1 biscuit	3.5
Shreddies	1 cup	6.3
<b>Pastas, Rice</b>		
Noodles, cooked, white	1 cup	1.8
Noodles, cooked, whole wheat	1 cup	4.8
Rice, cooked, white	1 cup	1.4
Rice, cooked, brown	1 cup	3.1
<b>Breads</b>		
Sprouted grain Bread	1 slice	3.0-5.0
White Bread	1 slice	0.5
Corn Bread	1 slice	1.2
French Bread	1 slice	0.7
Pumpernickel bread	1 slice	1.8
Rye Bread	1 slice	1.8
Whole Wheat Bread	1 slice	2.0
<b>Crackers, Snacks</b>		
Graham cracker, plain	1 square	0.2
Popcorn, popped	1/2 cup	0.5
Saltine cracker, regular	1 square	0.1

Note: All fiber grams are estimates. Check the Nutrition Facts for exact amounts.

<b>Food Groups</b>	<b>Portion</b>	<b>Total Fibre (g)</b>
<b>FRUIT</b>		
Apple, with skin	1 medium	3.0
Banana	1 medium	2.0
Blackberries or raspberries	1/2 cup	3.8
Grapes	1/2 cup	0.6
Honeydew	1/2 cup	0.7
Kiwi	1 large	3.0
Mango	1	4.0
Orange	1 medium	3.1
Pear, canned halves	1/2 cup	3.0
Pear, with peel	1 medium	4.3
Pineapple	1/2 cup	1.1
<b>VEGETABLE</b>		
Bell pepper (all colours)	1/2 cup	1.1
Broccoli	1/2 cup	2.6
Carrots	1/2 cup	2.4
Cauliflower, cooked	1/2 cup	2.3
Celery, raw	1/2 cup	0.9
Corn	1/2 cup	3.0
Kale, raw	1/2 cup	0.8
Lettuce, Iceberg	1/2 cup	0.3
Lettuce, Romaine	1/2 cup	0.6
Potato, baked with skin	1/2 cup	1.5
Spinach	1/2 cup	2.1
String beans	1/2 cup	1.6
Tomato	1/2 cup	1.2
Zucchini	1/2 cup	1.3
Yam	1/2 cup	3.1
<b>MEAT, MILK &amp; ALTs</b>		
<b>Meat</b>		
Chicken, roasted	3 ounces	0
Egg, hardboiled	1 egg	0
Steak tenderloin, broiled	3 ounces	0
<b>Milk</b>		
Milk	1 cup	0
Yogurt	1/2 cup	0
<b>Alternatives</b>		
Almonds, roasted	1/2 cup	8.0
Black beans, cooked	3/4 cup	9.0-10.0
Chickpeas, cooked	3/4 cup	6.0
Kidney beans, cooked	3/4 cup	9.0
Lentils, cooked	3/4 cup	7.4
Peanut butter, chunky	2 Tbsp	3.0
Peanuts, roasted	1/2 cup	6.4
Soy nuts, roasted	1/2 cup	10.7
Tofu, regular; medium firm or firm	1/2 cup	1.9

Note: All fiber grams are estimates. Check the Nutrition Facts for exact amounts.

# Answer Sheet

Sally's: High Fibre Diet

Breakfast	<b>Peanut Butter Toast + Fruit</b> 2 slices sprouted grain bread 2 tbsp peanut butter 1 banana	4.0 per slice x 2 = 8.0 3.0 2.0 <i>Breakfast = 13g</i>
Snack	½ cup yogurt ½ cup blackberries	0 3.8 <i>Snack = 3.8g</i>
Lunch	<b>Chicken Alfredo Pasta</b> 1 cup whole wheat pasta 3 oz roasted chicken Alfredo sauce  <b>Spinach Salad</b> 1 cup spinach salad with vinaigrette	4.8 0 0  4.2  <i>Lunch = 9g</i>
Snack	¼ cup almonds	4.0 <i>Snack = 4g</i>
Dinner	<b>Black Bean Chili</b> ¾ cup black beans ½ cup yam ¼ cup green pepper ½ cup tomato ¼ cup corn ¼ cup Lean ground beef	9.5 3.1 0.55 1.2 1.5 0 <i>Dinner = 15.85g</i>
Total Daily Fibre Intake		45.65 g

# Answer Sheet

Bob: Low Fibre Diet

Breakfast	<b>Cereal + Fruit</b> 2 cups Corn Flakes 1 cup milk 1 banana	1.4 0 2.0 <i>Breakfast = 3.4g</i>
Snack	Coffee with milk	0 <i>Snack = 0g</i>
Lunch	<b>Roasted chicken sandwich</b> 2 slices white bread 3 oz roasted chicken 2 slices cheddar cheese Mayo + mustard  <b>Green Salad</b> 1 cup Iceberg lettuce salad with dressing	1.0 0 0 0  0.6 <i>Lunch = 1.6g</i>
Snack	1 apple 6 saltine crackers	3.0 0.6 <i>Snack = 3.6g</i>
Dinner	<b>Grilled Steak with Rice + Veggies</b> 3 oz steak tenderloin 1 cup white rice 1/2 cup string beans 1 slice French bread	0 1.4 1.6 0.7 <i>Dinner = 3.7g</i>
Total Daily Fibre Intake		12.3 g