

What Should I Eat on a High Fibre Diet?

Choose Less Often		Choose More Often
Low Fibre	Medium Fibre	High Fibre
Vegetables		
Alfalfa sprouts Asparagus Bamboo shoots Cabbage Cauliflower Celery Cucumber Garlic Lettuce: any type Mushrooms Onions Pepper Potato, whipped Potato, no skin Radish Tomato Water chestnuts Zucchini	Artichoke heart Bean sprouts Beans Beets Bok Choy Broccoli Brussels sprouts Carrots Corn, kernel Eggplant Kale, cooked Kohlrabi Parsnips Potato, with skin Rhubarb Spinach, raw Sweet potato, with skin Turnip Vegetables, mixed Winter squash	Green peas Snow peas Spinach, cooked Swiss chard
Fruit		
Applesauce Apricots Banana Cantaloupe Cherries Grapefruit Grapes Honeydew melon Mandarin orange Peach Pineapple Watermelon	Apple, no skin Avocado Kiwi fruit Mango Orange Papaya Plum Raisins Strawberries Tangerine	Apple, with skin Blackberries Blueberries Figs/dates Pears Prunes Raspberries
Juice		
Grape, apple, orange & grapefruit juices Tomato, carrot & vegetable-based juices	Prune juice	Juices containing whole berries

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Hot cereals		
Cream of Wheat®	Oatmeal: cooked or instant	Red River® Sunny Boy®
Cold Cereals		
Cheerios® Cornflakes® Just Right® Puffed Wheat® Rice Krispies® Special K® Any cereal with less than 2 grams of fibre per serving	Corn Bran® Grapenut Flakes® Life® Mini Wheats® Multigrain Cheerios® Oat Bran® Oat Squares® Raisin Bran® Shredded Wheat® Shredded Wheat®	All Bran® Bran Buds® Bran Flakes® Fiber1®
Breads		
Bagel, plain Baking powder biscuit Breads: 60% whole wheat, white or cracked wheat English muffin Hamburger/hotdog bun Kaiser roll Pita bread, white Plain dinner roll Taco shell Tortilla, white	Bran Muffin Nutrigrain Waffle® Pumpernickel bread Rye bread Whole-wheat bagel 100% whole-wheat bread whole wheat pita bread	Squirley Bread®
Pastas		
Macaroni Noodles Spaghetti	Whole-wheat pasta	
Grains		
White rice	Bran, natural Brown rice, cooked	Barley Popcorn
Nuts and Seeds		
	Pine nuts, walnuts, coconut, hazelnut, macadamia, brazil nuts, sunflower or sesame seeds, peanut butter	Almonds Flax seeds (whole) Peanuts Pistachio Soy nuts Trail mix