

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 of soluble fibre every day.
- Control blood glucose (sugar) levels. This is helpful if you have diabetes or if you sometimes get a low blood sugar (hypoglycaemia)
- 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 (grams)</i>
<i>Vegetables and Fruit</i>		
Passion Fruit, purple, fresh	125 mL (½ cup)	6.5
Avocado	1/2 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, skinless	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, cooked)	125 mL (½ cup)	1.5
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
Carrots, 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
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
Grain Products		
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

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Raisin bran muffin	57g (1 medium)	0.8
Barley, pearled, cooked	125 mL (½ cup)	0.8
Bread, whole wheat	30 g (1 slice)	0.5
Brown rice, cooked	125 mL (½ cup)	0.5
Pasta, cooked (whole wheat and white)	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, roasted	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, fried pieces	175 mL (¾ cup)	2.8
Beans canned with pork & tomato sauce	175 mL (¾ cup)	2.6
Chickpeas, cooked	175 mL (¾ cup)	2.1

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Soy burger	85 g (1 patty)	2.0
Flax seed, whole	15 ml (1 Tbsp)	0.6-1.2
Hazelnuts, whole	60 mL (¼ cup)	1.1
Sunflower seeds, dry roasted	60 mL (¼ cup)	1.0
Flax seed, milled/ground	15 mL (1 Tbsp)	0.4-0.9
Lentils, cooked	175 mL (¾ cup)	0.8
Supplements		
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

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

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