



ONCOLOGY NUTRITION

Dietary Fibre Content of Common Foods

High Fibre	Medium Fibre	Low Fibre
	Vegetables	
Green peas* Snow peas Spinach, cooked Swiss chard	Artichoke heart, 1 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*	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
*Common gas forming foods		
	Fruit	
Apple, with skin Avocado Blackberries Blueberries Figs/dates Pears Prunes Raspberries	Apple, no skin, 1 medium Kiwi fruit, 1 medium Mango, 1 medium Orange, 1 small Papaya, ½ Plum, 3 small Raisins, 2 Tbsp Strawberries, 1 cup Tangerine, 1 medium	Applesauce, apricots Banana, cantaloupe Cherries, grapefruit Grapes, honeydew melon Mandarin orange Peach Pineapple Watermelon
	Juice	
Juices containing whole berries	Prune juice	Grape, apple, orange, & grapefruit juices Tomato, carrot, & vegetable-based juices
	Hot Cereals	
Red River® Sunny Boy®	Oatmeal: 1 cup, cooked or 1 pouch, instant	Cream of Wheat®
	Cold Cereals	
All Bran®, Bran Buds® Bran Flakes® Corn Bran®, Fiber1®, Grapenut Flakes® Oat Bran®, Oat Squares® Raisin Bran®	Life®, Mini Wheats®, Multigrain Cheerios®, 1 cup Shredded Wheat®, (bite size) 2/3 cup Shredded Wheat®, 1 biscuit	Cheerios®, Cornflakes® Just Right®, Puffed Wheat® Rice Krispies®, Special K® Any cereal with less than 2 grams of fibre per serving

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Breads		
Squirley Bread®	Bran muffin, 1 small Nutrigrain Waffle®, 1 Pumpnickel bread, 1 slice Rye bread, 1 slice Whole-wheat bagel, ½ 100% Whole-wheat bread, 1 slice Whole wheat pita bread, ½	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
Pastas		
Whole-wheat pasta		Macaroni , noodles Spaghetti
Grains		
Barley Popcorn	Bran, natural, 1 Tbsp Brown rice, cooked, ½ cup	White rice
Nuts and Seeds		
Almonds Flax seeds (whole) Soynuts Trail Mix	Peanuts, pine nuts, walnuts, coconut, pistachio, hazelnut, macadamia, brazil nuts, ¼ cup Sunflower or sesame seeds, 2 Tbsp Peanut butter, 2 Tbsp	
Legumes		
Beans: kidney, black-eyed, navy & lima Peas: chickpeas, split peas Lentils		
Meat, Fish, Poultry, and Eggs		
		Beef, pork , chicken, turkey Eggs, deli meats, fish, seafood
Dairy and Soy-based Products		
Milkshakes made with berries Yogurt with berries or granola	Nutritional supplements with fibre	Carnation Breakfast Anytime® Cheese, any type, chocolate milk Cream soup , hot chocolate Ice-cream Milk, any type: cow, goat, soy, rice Nutritional supplements Puddings: bread, rice, tapioca Sherbet, tofu, yogurt/yogurt drinks
Other beverages		
		All fruit drinks, Café au lait Carbonated fruit drinks Fruit & vegetable juices Gatorade®, ice tea, Orange Julius® Ovaltine®, weak tea or coffee

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.