

# 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 and legumes like dried beans and peas. When water is added to food the soluble fibre thickens and becomes sticky, gummy and gel like. Soluble fibre can help slow the digestion of food. Eating high fibre foods may help you feel full for a longer time, which helps with appetite and weight control.

## 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.

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.

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## Soluble Fibre Content of Some Common Foods

Dried beans and peas, oat products and psyllium are some of the best sources of soluble fibre. See the list below for the soluble fibre content from a variety of foods.

Food	Serving Size	Soluble Fibre (g)
<b>Vegetables and Fruit</b>		
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
Collard greens, cooked	125 mL (½ cup)	1.3
Eggplant	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
Prunes, dried	3	1.1
Plum, with skin	2 fruits	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

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Beets, skinless	125 mL (½ cup)	0.8
Banana	1 medium	0.7
<b>Grain Products</b>		
Bran Buds (with Psyllium) (5)	30 g (1/3 cup)	2.7
Oat bran, cooked	175 mL (¾ cup)	2.2
Oat flakes	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
Raisin bran muffin	57 g (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
<b>Milk and Alternatives</b>	This food group contains very little of this nutrient.	
<b>Meat and Alternatives</b>		
Black beans, cooked	175 mL (¾ cup)	5.4
Lima Beans	175 mL (¾ cup)	5.3
Soy nuts, roasted	60 mL (1/4 cup)	3.5
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
Flax seeds	60 mL (1/4 cup)	2.5
Chickpeas, cooked	175 mL (¾ cup)	2.1
Soy burger	85 grams (1 patty)	2.0
Flax seed, whole	15 ml (1 Tbsp)	0.6-1.2
Hazelnuts, whole	60 mL (1/4 cup)	1.1
Sunflower seeds, dry roasted	60 mL (1/4 cup)	1.0
Flax seed, milled/ground	15 ml (1 Tbsp)	0.4-0.9
Lentils, cooked	175 mL (¾ cup)	0.8

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Supplements		
Psyllium Husks, ground	15 ml (1 Tbsp)	3.5
Metamucil	15 ml (1 Tbsp)	3.4

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**✓ PEN APPROVED**  
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This information is not intended to replace advice from your family doctor or dietitian.  
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