

**HIGH FIBRE DIET**

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| BREAD AND CEREAL | VEGETABLES | FRUIT | OTHER |
| Wholegrain Cereals – Oats, Porridge, Bran, Weetbix, Sultana Bran, Just Right | Stringy and Woody Vegetable Skins, Husks and Peels | Fibrous Fruits, Skins, Piths, Seeds and Stalks | Nuts – almond, cashews, peanuts, pistachios |
| Wholegrain Bread – wholemeal and multigrain | Leafy green – kale, silverbeet, spinach, lettuce | Stone Fruit – Nectarines, Peach, Apricot, Plums | Seeds – pumpkin, sunflower, , flaxseed, chia |
| Unprocessed Bran | Stringy Beans | Citrus (oranges, mandarin, lemon) | Beans – broad beans, kidney beans, |
| Wholemeal Pasta | Broccoli/Cauliflower | Persimmons | Baked beans |
| Wholemeal Flour | Cabbage | Grapes | Quinoa |
| Brown Rice | Celery | Dried Fruit | Lentils |
| Wheatgerm | Peas | Rhubarb |  |
|  | Sweet Corn, Pop corn | Berries – raspberries, strawberries, blueberries |  |
| Psyllium husk /Metamucil/Benefibre | Brussell Sprouts | Figs |  |
|  | Asparagus | Pineapple |  |
|  | Cucumber | Kiwi Fruit |  |
|  | Parsnips | Coconut |  |
|  | Mushrooms |  |  |
|  | Bean Shoots |  |  |
|  | Olives |  |  |

## 

## Substitute brown for white

## Try and have fruit or vegetables with every meal and snack – it will help you make good choices.

## Don’t peel fruit or vegetables

## Have at least 25g of fibre per day

## Above 4g of fibre in a serve is good

## Drink lots of water