Fibre is the indigestible parts of plant foods, such as vegetables, fruits, grains, beans and legumes.

There are three different types of fibre which all have different functions and health benefits.

Soluble fibre helps to slow the emptying process in our stomachs, which makes you feel fuller. It also helps to lower cholesterol levels and stabilises blood glucose levels.

Soluble fibre is found in fruits, vegetables, oats, barley and legumes.

Insoluble fibre absorbs water and helps to soften the contents of the bowel and support regular bowel movements.
It keeps us full and helps to keep the bowel environment healthy.

Insoluble fibre is found in wholegrain breads and cereals, nuts, seeds, wheat bran and the skin of fruit and vegetables.

Resistant starch is not digested in the small intestine and proceeds to the large intestine, where it assists in the production of good bacteria that improves bowel health.

Resistant starch is found in undercooked pasta, under ripe bananas, cooked and cooled potato and rice.

Food	Serving size	Fibre
Wholemeal pasta	1 cup	7.9g
Carrot (skin on)	1 cup	6.9g
Kidney beans	100g	6.5g
Raspberry	100 g	6.1g
Corn	1 medium cob	5.9g
Green Peas	100g	5.7g
Rolled oats	1/2 cup	4.5g
Spinach	100g	4.1g
Broccoli (skin on)	1 cup	3.8g
Lentils	100g	3.7g
Sweet potato (skin on)	1 cup	3.7g
Brown rice	1 cup	2.7g
Almond	30g (25 almonds)	2.6g
Dried apricot	30g (5 dried apricots)	2.5g
Wholegrain bread	1 slice	2.4g
Banana	1 medium	2.3g
Apple	1 medium	2.2g
Psyllium husk	1 tablespoon	2.2g

Nutrition Australia. Nuttab 2010

Gender (over 18 years)	Acceptable intake
Males	30g per day
Females	25g per day

Eating fibre and wholegrain foods is linked to a lower risk of obesity, type 2 diabetes and heart disease, and may also reduce the risk of bowel cancer.

References

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https://www.healthdirect.gov.au/high-fibre-foods-and-diet

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