

Low-fibre vs. high-fibre menu

The example below shows how simple it is to increase the amount of fibre in your diet. Every small change counts. Compare these two menus.

Menu low in dietary fibre		Menu high in dietary fibre	
Breakfast	Fibre (g)	Breakfast	Fibre (g)
2 pieces of white-bread toast	2.0	2 pieces of whole-wheat toast	4.0
2 tablespoons (30 ml) peanut butter	2.0	2 tablespoons (30 ml) peanut butter	2.0
1 cup (250 ml) 1% (M.F.) milk	0.0	1 cup (250 ml) 1% (M.F.) milk	0.0
½ cup (125 ml) orange juice	0.3	1 entire orange	3.0
Snack	Fibre (g)	Snack	Fibre (g)
1 container of commercial strawberry compote	1.0	½ cup (125 ml) frozen raspberries	4.2
1 oz. (30 g) of light cheddar cheese	0.0	½ cup (125 ml) vanilla-flavoured, no-fat yogurt with 1 teaspoon (5 ml) ground flax seeds	1.0
Supper	Fibre (g)	Supper	Fibre (g)
3 oz. (90 g) grilled chicken breast	0.0	3 oz. (90 g) grilled chicken breast	0.0
2/3 cup (150 ml) white rice	0,5	2/3 cup (150 ml) barley pilaf	3.6
½ cup (125 ml) no-fat fruit yogurt	0.0	1 cup (250 ml) broccoli with 1 tablespoon (15 ml) toasted sesame seeds	3.5
1 can (156 ml) vegetable juice	1.0	½ cup (125 ml) no-fat fruit yogurt with 1 tablespoon (15 ml) All-Bran Buds®	2.0
		Water	0.0
Snack	Fibre (g)	Snack	Fibre (g)
4 small tea biscuits	1.2	2 whole-grain crackers: e.g., Ryvita®	4.0
½ cup (125 ml) 1% (M.F.) milk	0.0	2 tablespoons (30 ml) humus	1.8
Supper	Fibre (g)	Supper	Fibre (g)
1 pork chop	0.0	Salad with: ½ cup (125 ml) white beans, canned tuna, 1 cup (250 ml) vegetables (red peppers, tomatoes, green beans), ½ cup (125 ml) quinoa, homemade <i>vinaigrette</i>	12.0
2/3 cup (150 ml) couscous	0.8	1 medium pear with peel	5.0
½ cup (125 ml) canned mixed vegetables	2.8		
1 container of commercial tapioca pudding	0.0		
Tea	0.0	Water	0.0
Total fibre content = 11.6 g		Total fibre content = 46.1 g	