

ONCOLOGY NUTRITION

Dietary Fibre Content of Common Foods

| HIGH FIBRE | MEDIUM FIBRE | LOW FIBRE |
|--|--|---|
| 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 |
| 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 Cornmeal | 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 | | |

| HIGH FIBRE | MEDIUM FIBRE | LOW FIBRE |
|--|---|--|
| 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 |
| Vegetables | | |
| Green peas* Snow peas Spinach, cooked Swiss chard *Common gas forming foods | 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 |
| 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 |

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