



Low and High Fibre Food Choices

You may have been told by your healthcare team to include low or high fibre food choices in your diet. This handout offers a list of low and high fibre food choices for you to choose from.

Grain products

| | Low fibre | High fibre |
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| Cereals | <ul style="list-style-type: none"> • Cream of wheat • Cornflakes • Oatmeal (unsweetened) • Cheerios • Rice krispies • Special K® • Or any cereal with less than 2 grams of fibre per serving | <ul style="list-style-type: none"> • Bran cereals (examples: All-Bran®, bran buds, bran flakes, raisin bran) • Oat bran • Shredded wheat |
| Breads | <ul style="list-style-type: none"> • White bread products (examples: bagels, buns, biscuits, English muffins, waffles, pancakes, pita, naan, tortilla) • Light rye bread | <ul style="list-style-type: none"> • Whole grain or whole wheat bread products • Pumpernickel bread • Any breads made with bran, nuts, seeds, or dried fruits |
| Pastas and Rice | <ul style="list-style-type: none"> • White rice • Couscous • White pasta (examples: macaroni, spaghetti) • Rice noodles • Egg noodles | <ul style="list-style-type: none"> • Brown rice • Whole wheat pasta • Catelli Smart pasta • Barley • Quinoa • Bulgur • Millet |

Vegetables and fruit

| | Low fibre | High fibre |
|------------|--|---|
| Vegetables | <ul style="list-style-type: none"> • Zucchini • Bean sprouts • Bok choy (1 cup) • Peppers (½ or 1 small) • Potato (no skin) • Mushrooms (examples: white, cremini, and portabello) (½ cup) • Tomato (skinless and seedless); tomato paste, skinless, and seedless tomato sauce • Celery • Onions (½ cup) • Asparagus (6 spears or less) • Yellow or green beans (½ cup) • 1 medium carrot • Beets (½ cup) • Green and yellow beans (½ cup) | <ul style="list-style-type: none"> • Potato with skin • Broccoli • Brussel sprouts • Corn • Lettuce • Parsnip • Turnip • Squash (winter) • Peas • Spinach • Kale • Sweet potato • Edamame beans • Pumpkin • Cabbage • Cauliflower |
| Fruit | <ul style="list-style-type: none"> • Applesauce (½ cup) • Small or medium apple, no skin (1) • Canned mandarins • Canned peaches, pears, pineapple, fruit cocktail (all ½ cup) • Fresh pineapple (½ cup) • Banana • Cantaloupe • Honeydew melon • Grapes (20 grapes) • Clementine/tangerine/ mandarin (1) • Mango (½) • Plantain (½) • Seedless watermelon | <ul style="list-style-type: none"> • Avocados • Pears • Oranges • Blackberries • Blueberries • Strawberries • Raspberries • Cherries • Cranberries • Kiwi fruit • Fresh peaches, nectarines • Apricots • Dried fruits (examples: apple, apricots, coconut, dates, figs, prunes, raisins) |

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| Juice | <ul style="list-style-type: none"> • Fruit juice (recommend diluting with water) • Vegetable juices | <ul style="list-style-type: none"> • Prune juice |
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Meat and meat alternatives

| | Low fibre | High fibre |
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| Meat, fish, poultry, and meat alternatives | <ul style="list-style-type: none"> • Meats (examples: beef, pork, chicken and lamb) • Eggs • Tofu • Smooth nut spreads (example: smooth peanut butter) | <ul style="list-style-type: none"> • Nuts and seeds • Flax seeds • Chia seeds • Hemp hearts • Dried or canned beans and lentils, chickpeas • Refried beans • Sausages and other processed meats with casings or skins • Chunky nut spreads (example: chunky peanut butter) |

Milk and milk alternatives

| | Low fibre | High fibre |
|-------------------------------------|---|---|
| Milk, cheese, and milk alternatives | <ul style="list-style-type: none"> • Milk • Milk alternatives (examples: soy milk, almond milk, cashew milk, lactose free milk) • Yogurt • Cheese | <ul style="list-style-type: none"> • Cheese with seeds • Yogurt that contains granola or nuts |

Other foods

| | Low fibre | High fibre |
|---------------------|---|---|
| Snacks and desserts | <ul style="list-style-type: none"> • Arrowroot cookies • Chocolate (without nuts or fruits) • Custard • Ice cream • Sherbet • Frozen yogurt • Jello • Plain cakes or cookies • Pretzels • Pudding • Rice cakes • Sherbet • Soda crackers | <ul style="list-style-type: none"> • Popcorn • Tortilla chips • Granola/protein bars (with more than 2 grams of fibre per serving) • Vegetable chips • Trail mix • Nuts/seeds • Dried fruit • Low-fat ice cream |
| Condiments | <ul style="list-style-type: none"> • Ketchup • Mustard • Relish • BBQ sauce • Vinegar • Gravy • Jams and preserves • Olives • Pickles (2) | |

Call 905-576-8711 extension 33282 and ask to talk to a dietitian if you have questions or concerns about any of the information in this handout.

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