




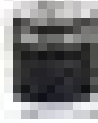


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		MODERATE		HIGH	
		<b>Bread - 1 slice</b>	<b>Fibre</b>	<b>Bread - 1 slice</b>	<b>Fibre</b>
White Bread	0.5 g	Wholemeal bread	2 g	Wholemeal pita bread	6 g
White fruit loaf	1 g	Multigrain bread	1.5 g		
Plain crackerbread	1 g	Which Hi-fibre	1.5 g		
Biscuits/cakes (most)	<2 g	Rye, light	1.5 g		
		Rye, dark	3.5 g		
		Wholemeal fruit	3 g		
		White pita	2 g		
		Wholewheat biscuits	2 g		
<b>Breakfast Cereal</b> Usually sweeter or flavoured cereals	<b>Fibre</b> Less than 1 g	<b>Breakfast Cereal</b> Healthier option (eg. Wheat - Bricks)	<b>Fibre</b> Around 5 g	<b>Breakfast Cereal</b> Best option (eg. Bran, Oat Bran)	<b>Fibre</b> More than 6.5 g
Read the nutrition panel on the package	Per Serve	Read the nutrition panel on the package	Per serve	Read the nutrition panel on the package	Per serve
Less than 1 gram fibre per serve is considered low		Around 5 grams per serve is considered moderate fibre		More than 6.5 g is considered Higher fibre	
<b>Biscuits &amp; Cereal Products - 100 g</b>	<b>Fibre</b>	<b>Cereal Products - 100 g</b>	<b>Fibre</b>	<b>Cereal Products - 100 g</b>	<b>Fibre</b>
White rice (cooked)	1 g	White flour	4 g	Wholemeal flour	11 g
		White pasta (cooked)	2 g	Hi-fibre flour	11 g
		Brown rice (cooked)	2 g	Wholemeal pasta (cooked)	6 g
<b>Fruit Juice - 1 glass</b>	<b>Fibre</b>	<b>Fruit &amp; Vegetables - 1 piece/serve</b>	<b>Fibre</b>	<b>Legumes &amp; Nuts - 100 g</b>	<b>Fibre</b>
Strained fruit juice	0 g	Apple	3 g	Baked beans	10.5 g
Fruit juice & pulp	1 g	Banana	4 g	Kidney beans	6.5 g
		Orange	3.5 g	Soya beans	7 g
		Dried fruit (½ cup)	4 g	Split peas (dry)	10 g
		Carrots	3 g	Almonds	9 g
		Peas	4 g	Cashews	6 g
		Potato	2.5 g		
		Pumpkin	1.5 g		
		Sweet corn	4 g		
		Sweet potato	2.5 g		