

High fibre menu makeover

Here are two menus showing a tally for fibre content in foods. You can see there are many options for adding fibre to your diet:

Low fibre		High fibre	
Breakfast			
2 Eggs	0	11	All Bran cereal (1/2 cup)
1 Slice toast	1.5	1.5	Sultanas (2 tbsp)
Snack			
Lollies	0	3	Apple (medium)
Lunch			
2 White bread sandwiches	3	4	Wholegrain bread roll (med)
With margarine	0	2	Salad greens (1 cup)
70g Ham	0	1	Tomato (1/2 medium)
1 Slice cheese	0	0	Lean ham (70 g)
		2	Light mayonnaise (1 tsp)
		2	Banana (med)
Snack			
250mL Orange juice	0	3	Oat bran muffin (low-fat)
Dinner			
150g Chicken schnitzel	0.5	0	Lean steak (100g)
1 Cup potato chips	3	2	Asparagus (4 spears)
		5	Corn (1 cob)
		2	Potato (medium with skin)
Dessert			
(1/2 cup) Ice cream	0	1.5	Fresh fruit salad (1/2 cup)
Grams fibre TOTAL	8	40	TOTAL Grams fibre