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FIBRE CHART

Item	Amount	Weight (Grams)	Fibre (Grams)
Breads & Crackers			
Graham Cracker	2 squares	14.2	1.4
Pumpnickel Bread	3/4 slice	24	1.4
Rye Bread	1 slice	25	0.8
Whole Wheat Bread	1 slice	25	1.3
Whole Wheat Cracker	6 crackers	19.8	2.2
Whole Wheat Roll	3/4 roll	21	1.2
Cereals			
All Bran, 100%	1/3 cup	28	8.4
Bran Chex	1/2 cup	21	4.1
Corn Bran	1/2 cup	21	4.4
Corn Flakes	3/4 cup	21	2.6
Grapenuts Flakes	2/3 cup	21	2.5
Grapenuts	3 tbsp	21	2.7
Oatmeal	3/4 pkg	21	2.5
Shredded Wheat	1 biscuit	21	2.8
Wheaties	3/4 cup	21	2.6
Fruit			
Apple	1/2 large	83	2.0
Apricot	2	72	1.4
Banana	1/2 medium	54	1.5
Blackberries	3/4 cup	108	6.7
Cantaloupe	1 dup	160	1.6
Cherries	10 large	68	1.1
Dates, Dried	2	18	1.6
Figs, Dried	1 medium	20	3.7
Grapes, White	10	50	0.5
Grapefruit	1/2	87	0.8
Honeydew Melon	1/2	87	0.8
Orange	1 small	78	1.6
Peach	1 medium	100	2.3
Pear	1/2 medium	82	2.0
Pineapple	1/2	78	0.8
Plum	3 small	85	1.8
Raisins	1 1/2 tbsp	14	1.0
Strawberries	1 cup	143	3.1
Tangerines	1 large	101	2.0
Watermelon	1 cup	160	1.4
Fibre Supplement			
Metamucil	1 tsp		3.0

Item	Amount	Weight (Grams)	Fibre (Grams)
Meat, Milk, Eggs			
Beef	1 oz.	228	0
Cheese	3/4 oz.	21	0
Chicken/Turkey	1 oz.	28	0
Cold Cuts/Wieners	1 oz.	28	0
Eggs	3 large	99	0
Fish	2 oz.	56	0
Ice Cream	1 oz.	28	0
Milk	1 cup	240	0
Pork	1 oz.	28	0
Yogurt	5 oz.	140	0
Rice			
Rice, Brown (Cooked)	1/3 cup	65	1.6
Rice, White (Cooked)	1/3 cup	68	0.5
Leaf Vegetables			
Broccoli	1/2 cup	93	3.5
Brussel Sprouts	1/3 cup	78	2.3
Cabbage	1/2 cup	85	2.1
Cauliflowers	1/2 cup	90	1.6
Celery	1/2 cup	60	1.1
Lettuce	1/2 cup	55	0.8
Spinach, Raw	1 cup	55	0.2
Turnip Greens	1/2 cup	93	3.5
Root Vegetables			
Beets	1/2 cup	85	2.1
Carrots	1/2 cup	78	2.4
Potatoes, Baked	1/2 medium	75	1.9
Radishes	1/2 cup	58	1.3
Sweet Potatoes, Baked	1/2 medium	75	2.1
Other Vegetables			
Beans, Green	1/2 cup	64	2.1
Beans, String	1/2 cup	55	1.9
Cucumber	1/2 cup	70	1.1
Eggplant	1/2 cup	100	2.5
Lentils, Cooked	1/2 cup	100	3.7
Mushrooms	1/2 cup	35	0.9
Onions	1/2 cup	58	1.2
Tomatoes	1 small	100	1.5
Winter Squash	1/2 cup	120	3.5
Zucchini	1/2 cup	65	2.0