



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Fibre content of Fruits & Vegetables

Information for patients, relatives and carers

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<b>Contents</b>	<b>Page</b>
Introduction .....	3
Lower – moderate fibre fruits .....	4
Lower – moderate fibre vegetables.....	5
Higher fibre fruits and vegetables .....	6
Tell us what you think of this leaflet .....	7
Teaching, training and research.....	7
Patient Advice and Liaison Service (PALS).....	7

# Introduction

This diet sheet has information on the amount of fibre in common fruits and vegetables. This may be useful to help you to reintroduce fruits and vegetables back into your diet if you have been limiting these in your diet.

Try to gradually introduce fruits and vegetables one at a time. You should leave 48 hours between each new food to assess for symptoms.

If you have no symptoms with a new fruit or vegetable carry on including this in your diet and continue to try others. If symptoms develop, remove the trigger fruit or vegetable and wait for symptoms to improve before continuing with the next one. When you have tried all the fruits and vegetables you wish to, go back and try again any that you feel caused symptoms.

You should try to include five portions of fruits and vegetables per day. Portion sizes are included for reference. You may wish to choose foods from the lower-moderate fibre groups before moving onto the higher fibre ones.

If you are unable to tolerate fruits and vegetables or your intake remains limited you may need a multivitamin and mineral supplement. Please discuss this with your dietitian.

# Lower – moderate fibre fruits

Avoid skins, pips and seeds if you wish to reduce fibre content further.

- An apple
- Three apricots (fresh not dried)
- A banana
- 10 blackberries
- Four tablespoons blackcurrants
- 14 cherries
- Two clementines
- Five damsons
- Three dates (fresh not dried)
- A handful of grapes
- Six lychees
- A slice of melon
- A nectarine
- 12 olives
- Three passionfruit
- A peach
- A slice of pineapple
- Two plums
- A bowl rhubarb (stewed)
- Seven strawberries
- Tinned fruit except prunes (e.g. two halves pear/peach, two rings pineapple, six half apricots, two tablespoons grapefruit or fruit salad)

# Lower – moderate fibre vegetables

Avoid skins, pips and seeds if you wish to reduce fibre content further.

- Five spears asparagus
- Half a pepper
- Eight cauliflower florets
- A Medium portion potato (no skin)
- Three sticks celery
- 10 radishes
- Half a courgette
- Four tablespoons of runner beans
- Two inch piece of cucumber
- Two tablespoons spinach
- A leek (white portion)
- Two tablespoons of carrots
- A cereal bowl of lettuce
- Half a tin of tomatoes
- A handful of mangetout
- A medium tomato or seven cherry tomatoes
- Three tablespoons Marrow
- Three tablespoons of turnip
- Three to four tablespoons of mushrooms
- A cereal bowl of watercress
- Three tablespoons of mushy peas
- An onion

# Higher fibre fruits and vegetables

## Fruits

- Half an avocado
- Two figs (fresh)
- A handful of gooseberries
- Two kiwi fruits
- Two slices mango (fresh)
- An orange
- A pear
- Two handfuls raspberries
- A tablespoon dried Fruit
- Six tinned prunes

## Vegetables

- A third of an aubergine
- Three tablespoons of beans
- Two broccoli spears
- Eight Brussel sprouts
- Three tablespoons cabbage
- Three tablespoons chickpeas
- Four tablespoons green beans
- Three tablespoons lentils
- Three tablespoons peas
- A Medium portion of potatoes (with skins)
- Three tablespoons sweetcorn

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, Nutrition & Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email [nutrition&dietetics@york.nhs.uk](mailto:nutrition&dietetics@york.nhs.uk)

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Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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