Small-plate fibre and protein list

UK foods with at least 2g fibre in a portion of 80g or less, most fibre first. Same sourced figures as the Gutmaxx fibre and protein tracker. NHS fibre target: 30g a day. Your protein target is the one your prescriber, GP or dietitian gave you, not Gutmaxx.

Food	Portion	Fibre	Protein
All-Bran	40g	10.4g	5.0g
Oat bran porridge	40g dry	7.8g	6.4g
Chickpea pasta	75g dry	6.4g	15.0g
Shredded Wheat	2 biscuits (45g)	6.3g	5.5g
Wheat bran	15g	6.2g	2.2g
Black beans	80g drained	6.1g	5.8g
Lentils	80g cooked	5.9g	6.2g
Wholemeal bread	2 medium slices (80g)	5.4g	8.0g
Bran Flakes	30g bowl	5.1g	3.3g
Quorn mince	71g portion	4.9g	11.4g
Chia seeds	15g (1 tbsp)	4.8g	3.1g
Roasted chickpeas	30g	4.5g	6.1g
Lizi's Granola	50g bowl	4.4g	5.8g
Peas	80g frozen, boiled	4.4g	4.4g
Red lentil pasta	75g dry	4.1g	19.5g
Kingsmill 50/50	2 medium slices (~80g)	3.8g	7.6g
Weetabix	2 biscuits (37.5g)	3.8g	4.5g
Porridge oats	40g dry oats	3.6g	4.4g
Flaxseed	15g (1 tbsp)	3.0g	3.5g
Raspberries	80g	3.0g	0.6g
Strawberries	80g	3.0g	0.5g
Popcorn	20g air-popped	2.9g	2.6g
Warburtons Wholemeal	1 medium slice (44.8g)	2.9g	4.7g
belVita	1 pack / 4 biscuits (45g)	2.9g	3.7g
Mixed berries	80g frozen	2.8g	0.7g
Mixed nuts	40g handful	2.8g	8.0g
Blackberries	80g	2.7g	0.9g
Granary bread	2 medium slices (72g)	2.7g	7.4g
Jordans Country Crisp	45g bowl	2.7g	4.1g
Almonds	20g handful	2.5g	4.2g
Sweetcorn	80g tinned, drained	2.5g	2.1g
Peanuts	30g	2.4g	7.4g
Quaker Oat So Simple	1 sachet, dry (before adding milk)	2.4g	3.0g
Broccoli	80g cooked	2.2g	2.6g
Hovis Best of Both	1 medium slice (40g)	2.2g	3.8g
Nairn's Rough Oatcakes	2 oatcakes (about 20.8g)	2.2g	2.2g

Food	Portion	Fibre	Protein
Parsnip	80g boiled	2.1g	1.0g
Peanut butter	30g (heaped tbsp)	2.0g	6.8g

* Protein not checked yet for this food. Figures are for the portion shown, from each food's page on gutmaxx.co.uk (CoFID or pack label). Brands differ; pack labels win. Raise fibre gradually and drink plenty of fluids.

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