



Apple

1.2g fibre per 100g
1.0g fibre per 80g

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Bananas

1.4g fibre per 100g
1.1g fibre per 80g

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Strawberries

3.8g fibre per 100g
3.0g fibre per 80g

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Pears

2.3g fibre per 100g
1.8g fibre per 80g

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Sweetcorn

2.0g fibre per 100g
1.6g fibre per 80g

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Broccoli

3.8g fibre per 100g
3.0g fibre per 80g

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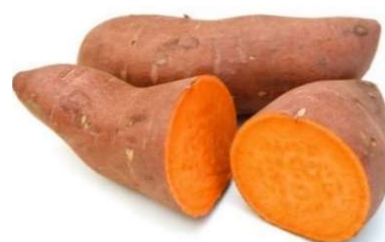


Carrots

2.8g fibre per 100g
2.2g fibre per 80g

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Sweet potato

4.4g fibre per 100g
3.5g fibre per 80g

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Lettuce

1.5g fibre per 100g
1.4g fibre per 80g

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Tomatoes

1.3g fibre per 100g
1.0g fibre per 80g

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Cucumber

0.7g fibre per 100g
0.6g fibre per 80g

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Cauliflower

1.9g fibre per 100g
1.5g fibre per 80g

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Raspberries

3.3g fibre per 100g
2.6g fibre per 80g

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Raisins

2.7g fibre per 100g
2.2g fibre per 100g

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Green beans

4.1g fibre per 100g
3.3g fibre per 80g

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Almonds

10.0g fibre per 100g
2g fibre per 20g

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Kidney beans

8.2g fibre per 100g
6.6g fibre per 80g

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Broad beans

7.2g fibre per 100g
5.8g fibre per 80g

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Red lentils

2.5g fibre per 100g
2.0g fibre per 80g

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Peas

5.5g fibre per 100g
4.4g fibre per 80g

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Wholemeal bread

7.0g fibre per 100g
5.6g fibre per 80g

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White bread

2.9g fibre per 100g
2.3g fibre per 80g

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Naan bread

2.9g fibre per 100g
2.0g fibre per 70g

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Bran flakes

13.4g fibre per 100g
5.4g fibre per 40g

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Corn flakes

2.6g fibre per 100g
1.0g fibre per 40g

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Porridge oats

7.8g fibre per 100g
3.5g fibre per 45g

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White rice

0.5g fibre per 100g
0.9g fibre per 180g

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Brown rice

1.5g fibre per 100g
2.7g fibre per 180g

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White pasta

1.7g fibre per 100g
3.1g fibre per 180g

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Whole wheat pasta

4.2g fibre per 100g
7.6g fibre per 180g

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Oatcakes

9.4g fibre per 100g
1.9g fibre per 20g

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White tortilla

3.6g fibre per 100g
2.3g fibre per 65g

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