

Low and High Fibre Food Choices

You may have been told by your healthcare team to include low or high fibre food choices in your diet. This handout offers a list of low and high fibre food choices for you to choose from.

Grain products

	Low fibre	High fibre
Cereals	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • Oatmeal • Cheerios • Rice Krispies • Special K® • Or any cereal with less than 2 grams of fibre per serving 	<ul style="list-style-type: none"> • Bran cereals (examples: All-Bran®, bran buds, bran flakes, raisin bran) • Oat bran • Shredded wheat
Breads	<ul style="list-style-type: none"> • White bread products (examples: bagels, buns, biscuits, English muffins, waffles, pancakes, pita, naan, tortilla) • Light rye bread • Sourdough bread 	<ul style="list-style-type: none"> • Whole grain or whole wheat bread products • Pumpernickel bread • Any breads made with bran, nuts, seeds, or dried fruits
Pastas and Rice	<ul style="list-style-type: none"> • White rice • Couscous • White pasta (examples: macaroni, spaghetti) • Rice noodles • Egg noodles • Glass noodles • Chow mein 	<ul style="list-style-type: none"> • Brown rice • Whole wheat pasta • Catelli Smart pasta • Barley • Quinoa • Bulgur • Millet • Teff • Faro • Freekeh

Vegetables and fruit

	Low fibre	High fibre
Vegetables	<ul style="list-style-type: none"> • Zucchini • Bean sprouts • Bok choy (1 cup) • Peppers (½ or 1 small) • Potato (no skin) • Mushrooms (examples: white, cremini, and portabello) (½ cup) • Tomato (skinless and seedless); tomato paste, 	<ul style="list-style-type: none"> • Potato with skin • Broccoli • Brussel sprouts • Corn • Lettuce • Parsnip • Turnip • Squash (winter) • Peas • Spinach

	Low fibre	High fibre
	<ul style="list-style-type: none"> skinless, and seedless tomato sauce • Celery • Onions (½ cup) • Asparagus (6 spears or less) • Yellow or green beans (½ cup) • 1 medium carrot • Beets (½ cup) • Green and yellow beans (½ cup) • Broccoli (½ cup) • Cauliflower (½ cup) 	<ul style="list-style-type: none"> • Kale • Sweet potato • Edamame beans • Pumpkin • Cabbage
Fruit	<ul style="list-style-type: none"> • Applesauce (½ cup) • Small or medium apple, no skin (1) • Canned mandarins • Canned peaches, pears, pineapple, fruit cocktail (all ½ cup) • Fresh pineapple (½ cup) • Banana • Cantaloupe • Honeydew melon • Grapes (20 grapes) • Clementine/tangerine/mandarin (1) • Mango (½) • Plantain (½) • Seedless watermelon 	<ul style="list-style-type: none"> • Avocados • Pears • Oranges • Blackberries • Blueberries • Strawberries • Raspberries • Cherries • Cranberries • Kiwi fruit • Fresh peaches, nectarines • Apricots • Dried fruits (examples: apple, apricots, coconut, dates, figs, prunes, raisins)
Juice	<ul style="list-style-type: none"> • Fruit juice • Vegetable juices 	<ul style="list-style-type: none"> • Prune juice

Meat and meat alternatives

	Low fibre	High fibre
Meat, fish, poultry, and meat alternatives	<ul style="list-style-type: none"> • Meats (examples: beef, pork, chicken, lamb, turkey, fish, and shellfish) • Eggs • Tofu • Smooth nut spreads (example: smooth peanut butter) 	<ul style="list-style-type: none"> • Nuts and seeds • Flax seeds • Chia seeds • Hemp hearts • Dried or canned beans and lentils, chickpeas • Refried beans • Sausages and other processed meats with casings or skins

	Low fibre	High fibre
		<ul style="list-style-type: none"> • Chunky nut spreads (example: chunky peanut butter)

Milk and milk alternatives

	Low fibre	High fibre
Milk, cheese, and milk alternatives	<ul style="list-style-type: none"> • Milk • Milk alternatives (examples: soy milk, almond milk, cashew milk, lactose free milk) • Yogurt • Cheese 	<ul style="list-style-type: none"> • Cheese with seeds • Yogurt that contains granola or nuts

Other foods

	Low fibre	High fibre
Snacks and desserts	<ul style="list-style-type: none"> • Arrowroot cookies • Chocolate (without nuts or fruits) • Custard • Ice cream • Sherbet • Frozen yogurt • Jello • Plain cakes or cookies • Pretzels • Pudding • Rice cakes • Sherbet • Soda crackers 	<ul style="list-style-type: none"> • Popcorn • Tortilla chips • Granola/protein bars (with more than 2 grams of fibre per serving) • Vegetable chips • Trail mix • Nuts/seeds • Dried fruit • Low-fat ice cream
Condiments	<ul style="list-style-type: none"> • Ketchup • Mustard • Relish • Barbeque sauce • Vinegar • Gravy • Jams and preserves • Olives • Pickles (2) 	

Ask to talk to a registered dietitian in the cancer centre if you have questions or concerns about any of the information in this handout.

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in April of 2025.