



Remember your fibres

Fibres help keep the stomach working and you feel full in a good way. Fibres are found in whole grain bread, coarse flour, grain, potatoes, rice, pasta, vegetables and fruit as well as in some husks, like HUSK. Adults should eat between 25 and 30 gram of fibres daily. Studies show, however, that adult's mean intake of fibres are only 20 gram per day. The below list of the fibre content of various foods is meant as a tool to see whether you are getting enough fibres, and can help you with ideas and give new inspiration to a more fibre rich diet. Note your daily intake of fibres down on the list; then you can see whether the fibre content of your daily diet is sufficient.

FIBRE LIST

Bread, per slice or piece

	gram fibre
Breakfast roll, wheat, 40 gram	1.6
Crispbread, rye, coarse, 2 pcs, 30 gram	4.4
Crispbread, wheat, fine, 2 pcs, 30 gram	1.5
Crispbread, wheat, wholemeal, 2 pcs, 30 gram	2.9
Rye bread, dark, whole grain, 40 gram	3.4
Rye bread, dark, whole grain, 50 gram	4.0
Rye bread, fine, 50 gram	3.8
White bread, 1 slice, 40 gram	1.2
Whole grain bread, different kinds, 1 slice, 40 gram	1.4

Flour, corn and grain, per dl

Barley, 1 dl, 55 gram	5.2
Buckwheat, 1 dl, 80 gram	1.8
Corn flakes, ordinary, 1 dl, 15 gram	0.5
Corn flour, 1 dl, 65 gram	2.0
Lentils, 1 dl, 80 gram, raw weight	7.0
Oat meal, 1 dl, 30 gram	3.0
Pasta, ordinary, 1 dl, 30 gram, raw weight	1.0

Pasta, wholemeal, 1 dl, 30 gram, raw weight	2.9
Rice, brown, 1 dl, 80 gram, raw weight	2.0
Rice, white, polished, 1 dl, 80 gram, raw weight	0.6
Rye flour, 1 dl, 50 gram	7.4
Wheat bran, 1 dl, 45 gram	18.0
Wheat flour, 1 dl, 60 gram	2.2
Wheat flour, whole grain and wholemeal, 1 dl, 60 gram	7.0
Wheat, 1 dl, 75 gram, raw weight	5.8

Vegetables and potatoes, per 100 gram

Aubergine, 1/3	2.4
Bean sprouts, 2.5 dl	1.2
Beans, green, 2 dl	3.0
Beet root, 1 medium	2.3
Broccoli, 2 bouquets	3.4
Brussels sprouts, 1.5 dl	4.1
Cabbage, sliced, 3 dl	2.3
Carrot, 2 small or 1 very large	2.3
Cauliflower, 1/4	2.2
Celeriac, white, root, 1/7	3.9
Celery, 3 stalks	1.6
Cucumber, 1/3	0.7
Leek, 1/2, large	2.2
Lettuce, 3-4 dl	1.2
Mushrooms, 3 dl or 5 pcs.	1.6
Onion, 1 large	1.9
Parsley root, 1 small	4.3
Parsnip, 1 small	4.5
Pepper, green, 1 medium	1.6
Potato, 1 large	1.5
Red cabbage, sliced, 3 dl	2.0
Spinach, 4 dl	1.9
Squash, 2 dl	1.1
Sweet corn, 1.5 dl	2.2

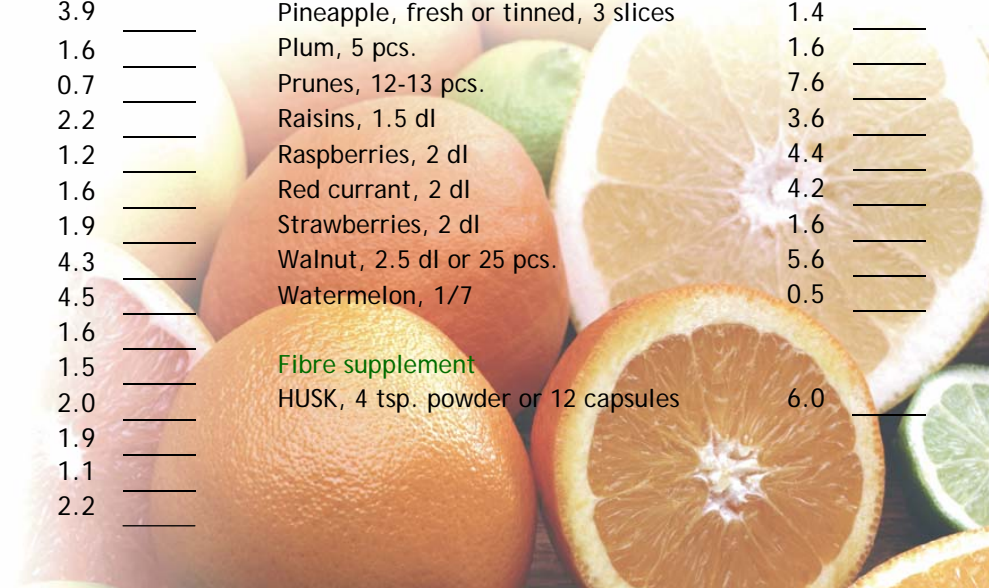
Sweet peas, 1.5 dl	5.9
Tomato, 1 large	1.4

Fruit and nuts, per 100 gram

Almond, 1.5 dl or 100 pcs.	9.2
Apple, 1 medium	2.2
Apricot, dried, 2 dl or 20 pcs.	9.3
Apricot, fresh, 3 pcs.	1.6
Avocado, 1 whole	5.2
Banana, 1 medium	1.6
Blackcurrant, 2 dl	5.8
Cherries, 2 dl	1.3
Dade, dried, 1.5 dl or 12-13 pcs.	6.4
Grape fruit, 1 small, without peel	1.4
Grapes, 15-20 pcs.	1.4
Hazelnut, dried, 1.5 dl	8.2
Kiwi, 1.5 dl	2.7
Mango, 1/2 pcs.	1.9
Olives, 15-20 pcs.	3.1
Orange, 1 small, without peel	2.1
Peach or nectarine, 1 small	1.7
Pear, 1 medium	2.9
Pineapple, fresh or tinned, 3 slices	1.4
Plum, 5 pcs.	1.6
Prunes, 12-13 pcs.	7.6
Raisins, 1.5 dl	3.6
Raspberries, 2 dl	4.4
Red currant, 2 dl	4.2
Strawberries, 2 dl	1.6
Walnut, 2.5 dl or 25 pcs.	5.6
Watermelon, 1/7	0.5

Fibre supplement

HUSK, 4 tsp. powder or 12 capsules	6.0
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SNACKS RICH ON FIBRES

Snacks between meals can be a good fibre supplement. It is recommended that you eat 2-3 snacks between meals every day. Try eating:

- Half a slice of rye bread with cream cheese and some raisins
- A banana with half a slice of rye bread
- Vegetable sticks with dip: one carrot, 1 piece of cucumber, one cauliflower bouquet and 2 tbsp dip made of 2 parts soured milk product (junktet, yoghurt) and 1 part soured cream
- One slice of wholemeal bread with 1 tbsp cream cheese and radishes
- One carrot, one apple, 1 piece of crispbread
- One slice of wholemeal bread with marmalade or a slice of cold cut, like ham and tomato
- One portion of milk product with fibre sprinkles like HUSK
- One grated carrot with fresh orange juice
- One portion of stewed fruit with milk

HUSK SUPPLEMENT

The fibre content of HUSK is 85%, which means you get 8.5 gram extra fibres just by taking just 10 gram HUSK as a supplement.

HUSK is Psyllium husks, also called Ispaghula husk. HUSK is a natural fibre, which can be used for treatment of constipation, irritable bowel syndrome (IBS) and diarrhoea. HUSK also lowers the cholesterol level in the blood. HUSK can be taken as a daily fibre supplement.

HUSK is available in capsules and as powder (husks). HUSK can be stirred in water or juice, or you can use HUSK as a cereal on milk products like yoghurt. HUSK can also be added to porridge or bread. Two teaspoons twice a day or six capsules twice a day will normally be enough. Dosage, however, does depend on your diet as a whole. It is important to drink one to two glasses of water after taking HUSK. HUSK can be bought at the pharmacist.



HUSK

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Eat more fibres



- guide to dietary fibres

HUSK

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