

Dietary Fibre Content List*

(showing amount of fibre in grams in 100 grams)

Spices & herbs

Cinnamon ground 43g
Coriander seed 42g
Fennel seed 40g
Paprika 37g
Cardamom 28g
Black pepper 27g
Fenugreek seed 25g
Turmeric 21g
Nutmeg 21g
Poppy seeds 20g
Mustard seed 15g
Ginger (dry) 13g
Cumin 11g
Coriander (fresh) 3g
Basil 2g
Ginger (fresh) 2g

Legumes

Lentils 30g
Kidney beans 25g
Chickpeas 17g
Mung beans 16g
Split Mung beans (Chilka) 15g
Black beans 15g
Adzuki beans 13g
Tofu 7g
Miso 5g

Whole grains

Bulgar wheat 18g
Barley 17g
Buckwheat 10g
Kamut 9g
Oats 9g
Millet 8g
Quinoa 7g
Brown rice 3g
White rice 2g
Amaranth 2g

Grain & Legume Flours

Ragi flour 15g
Chickpea flour (besan) 11g
Spelt 11g
Buckwheat flour 10g
Mung flour 5g
Rice Flour 2g

Nuts & Seeds

Chia seeds 38g
Flaxseed 27g
Sesame seeds 17g
Desiccated coconut 16g
Almonds (blanched) 10g
Pinenuts 11g
Pistachios 10g
Sunflower seeds 9g
Cashews 3g

Fruits

Dried figs 10g
Dried dates 8g
Raisins 7g
Avocado 7g
Raspberries 6g
Blackberries 5g
Banana 3g
Pears 3g
Mangoes 2g
Apples 2g
Plums 2g
Grapes 1g

Veggies

Corn 3g
Beans 3g
Broccoli 3g
Cauliflower 3g
Cabbage 3g
Carrot 3g
Kale 2g
Asparagus 2g
Celery 2g
Spinach 2g
Mushrooms 1g
Zucchini 1g
Tomato 1g

NOTE: Amounts relate to fresh, raw products

*Source: <http://nutritiondata.self.com/>