

## Fibre portions for kids\*\*

Food	Young child's portion	g Fibre
wholemeal bread	1 medium slice	3.2
cooked brown rice	150g	2.8
Weetabix	2	5.2
porridge oats	30g	3.8
Shreddies	40g	6.6
Oatcake	15g	1.2
hummus	40g	1.7
cooked orange lentils	40g	2.7
sweet corn	60g	1.5
peas	60g	5.4
carrots	60g	2.0
broccoli	60g	2.9
cauliflower	60g	1.3
peppers	40g	0.9
4 cherry tomatoes	60g	0.8
cucumber	40g	0.3
sweet potato	80g	1.2
baked potato (with skins)	150g	2.6
baked beans	150g	9.7
grapes	40g 1 child handful	0.5
berries	40g 1 child handful	0.8
apple with skin	1 x medium	1.2
banana	1 x medium	1.4
tangerine	2 x small	2.3
fresh apricot	40g child handful	4.4
3 prunes	20g	2
2 medium figs	20g	2.4
tinned peaches	100g	1.4
sultanas	30g child handful	0.8
nut butter	15g (on one slice bread)	1.1
flax seeds	1 teaspoon 3g	0.8
chia seeds	1 teaspoon 3g	1.0
sunflower seeds	1 teaspoon 3g	0.2

*helping children and families feel their best*

Carine Henry RD © updated 2026

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