

What is fibre?

Fibre, also called “roughage”, is a form of carbohydrate that your body cannot digest or absorb. There are different kinds of fibre found in foods:

- **Soluble fibre** is in vegetables, fruit, legumes (peas, beans, lentils), flax seed, and some grains.
- **Insoluble fibre** is in vegetables, fruit, whole grains and wheat bran.
- **Refined fibres** such as inulin, isolated fibre, oat hull and psyllium may be added to foods.

Eating enough fibre helps to:

- Keep your bowels regular
- Control blood glucose levels
- Reduce bad (LDL) blood cholesterol levels
- Control your weight

What else can you do to keep your bowels regular?

- Get active! Activities like walking, stretching, housework, yard work or riding a stationary bike will help your bowels move.
- Don't ignore the call of nature. Try to go to the bathroom as soon as you feel the urge to have a bowel movement
- Take time for a bowel movement at a regular time each day.

- Within your allowed fluid restriction, drink enough fluids. Ask your doctor, nurse or dietitian if you should be drinking more or less fluids.
- Ask your doctor, nurse or dietitian if you need medications to help your bowels.

How much fibre do you need?

- About 20 - 38 grams a day.
- Eat a variety of foods to get different types of fibre in your diet.

How can you add more fibre to your diet?

- If you need to increase the fibre in your diet, do it gradually. Adding too much fibre too quickly can make you feel uncomfortable (gas, cramps).
- Foods such as prunes, dried fruit, bran cereal and multigrain bread are sometimes used to help with constipation, but they are also high in potassium and/or phosphorus. Talk to your dietitian before eating these.
- Whole grains, nuts, and seeds are sources of fibre, but they are also high in phosphorus and potassium, so may need to be limited.
- **Try eating some of the lower potassium and phosphorus foods listed on the next pages.**
- **Be careful with serving sizes and ask your dietitian if you are not sure how much to eat.**

FIBRE AND YOUR KIDNEY DIET

VEGETABLES

Note: These vegetables have less potassium than other vegetables but if you eat a lot, the amount of potassium can add up. Vegetables are not a significant source of phosphorus.

Food and Serving Size: 1/2 cup cooked, unless stated	Fibre (grams)	Low Potassium (less than 100 mg)	Medium Potassium (101 to 200 mg)
Asparagus	2		✓
Broccoli (from frozen)	2		✓
Cabbage	2		✓
Carrots	2		✓
Cauliflower	2	✓	
Cauliflower, cooked from frozen	3		✓
Chayote	2		✓
Corn, yellow	2		✓
Eggplant	2	✓	
Endive, raw	2	✓	
Fuzzy squash (moo qua)	2	✓	
Green beans	2		✓
Green peas, cooked from frozen or canned	4	✓	
Jicama (yambean)	3	✓	
Mushrooms, canned, drained	2		✓
Mushroom, shitake	2	✓	
Pumpkin pie mix, canned (not pure pumpkin)	12		✓
Snap beans, Italian, yellow or green	2		✓
Snow peas	3		✓
Squash, scallop/patty pan	2		✓
Turnip	2		✓
Turnip greens	3		✓
Water chestnuts, canned, drained	2	✓	
Yardlong beans	3		✓

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FRUITS

Note: These fruits have less potassium than other fruits but if you eat a lot, the amount of potassium can add up. Fruit is not a significant source of phosphorus.

Food and Serving Size: 1/2 cup cooked, unless stated	Fibre (grams)	Low Potassium (less than 100 mg)	Medium Potassium (101 to 200 mg)
Blackberries, fresh or frozen	4		✓
Blueberries, fresh or frozen	2	✓	
Boysenberries, frozen	4	✓	
Cherries	2		✓
Crabapple	2		✓
Cranberries, fresh	2	✓	
Gooseberries, fresh or canned	3		✓
Grapefruit	2		✓
Kumquat, 5	6		✓
Loganberries, frozen	4		✓
Mandarin orange, 1 medium	2		✓
Mango	2		✓
Orange	2		✓
Peach	3		✓
Pear, Asian, 1 medium	4		✓
Pear, canned in syrup, drained	2	✓	
Pear, fresh	3		✓
Prickly pear	3		✓
Prunes, canned in syrup, 5	3		✓
Prunes, stewed, 3	3		✓
Quince	2		✓
Raspberries, fresh	4	✓	
Raspberries, frozen or canned, drained	6		✓
Rhubarb, cooked	3		✓
Strawberries, fresh or frozen	2		✓
Tangerine	2		✓

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BREADS, CEREALS AND GRAINS

Note: High fibre bread, cereals and grains have more phosphorus and potassium than refined products like white bread.

Food and Serving Size	Fibre (grams)	Low - Medium Potassium (less than 100 mg)	Low - Medium Phosphorus (less than 70 mg)
Breads: 1 slice			
Multi-grain	3	✓	
60% whole wheat	1.5	✓	✓
100 % whole wheat	2	✓	
Cereals, Flax, & Bran			
Corn Bran, Quaker®, 1 cup	6	✓	✓
Frosted Mini Wheat's, Kellogg's® ½ cup	3	✓	✓
Honey Bunches of Oats, Post, 1 cup	2	✓	
Muslix, Kellogg's®, Apple Crisp, 1/3 cup	2	✓	✓
Shredded Wheat, 1 biscuit	3	✓	
Weetabix, 1 biscuit	2	✓	✓
Oatmeal Quaker®, quick, minute, large flake, ½ cup cooked	3	high over 100 mg	high over 100 mg
Oatmeal Quaker®, instant, 1 packet, prepared	3	high over 100 mg	high over 100 mg
Natural Wheat Bran, 2 Tbsp	3	✓	
Grains and Pastas			
Bulgur, ½ cup cooked	3	✓	✓
Barley, ½ cup cooked	2	✓	✓
Pasta, whole wheat, ½ cup cooked	2	✓	✓
Popcorn, popped, no salt, 2 cups	3	✓	✓
Rice, brown, ½ cup cooked	2	✓	
Rice, wild, ½ cup cooked	2	✓	

FIBRE AND YOUR KIDNEY DIET

LEGUMES

Note: Ask your dietitian before eating these foods.

These foods are high in fibre but they are also high in phosphorous and potassium. Rinse and drain canned beans before using.

Food and Serving Size: ½ cup canned & rinsed or cooked from dry beans*	Fibre (grams)	High Potassium (201-300 mg)	Very High Potassium (over 300 mg)	High Phosphorus (over 100 mg)
Baked Beans	7		✓	✓
Black Beans	8		✓	✓
Black-eyed Peas	6	✓		✓
Broad Beans (Fava), canned	6	✓		✓
Broad Beans (Fava)	5		✓	✓
Garbanzo Beans (Chick Peas, Desi, Bengal Gram)	5	✓		✓
Kidney Beans	7		✓	✓
Lentils	5		✓	✓
Lentils (pink/masoor dal)	4	✓		✓
Lima Beans, canned, mature, white	5	✓		✓
Lima Beans, baby, green, canned or cooked from fresh	5		✓	✓
Navy Beans	7		✓	✓
Pinto Beans	6	✓		✓
Split Peas	3		✓	✓
Soy Beans	6		✓	✓
Soy Beans, Edamame, green	4		✓	✓
White Beans	7		✓	✓

* canned, rinsed legumes are lower in potassium and phosphorus, compared to legumes that are cooked from dry.

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NUTS AND SEEDS

Note: Ask your dietitian before eating these foods.

These foods are high in fibre but they are also high in phosphorous and potassium.

Food	Serving Size	Fibre (grams)	Potassium			Phosphorus		
			Low (less than 100 mg)	Medium (100-200 mg)	High (over 200 mg)	Low (less than 70 mg)	Medium (70-100 mg)	High (over 100 mg)
Almonds	15 nuts	2		✓			✓	
Brazil Nuts	6 nuts	2		✓				✓
Chia Seeds	1 Tbsp	4	✓				✓	
Flaxseeds, ground or whole	1 Tbsp	3	✓			✓		
Hazelnuts	15 nuts	2		✓		✓		
Hemp Seeds	2 Tbsp	2		✓				✓
Macadamia nuts	8 nuts	2	✓			✓		
Peanuts	30 nuts	2		✓				✓
Peanut butter	2 Tbsp	2		✓				✓
Pecans	12 nuts	2	✓			✓		
Pistachios	34 nuts	2		✓			✓	
Pumpkin seeds	4 Tbsp	2			✓			✓
Sesame paste	2 Tbsp	2			✓			✓
Sesame seeds	1 Tbsp	2	✓				✓	
Soy nuts	1 Tbsp	2		✓		✓		
Walnut	10 halves	2		✓				✓

You can look up the fibre, potassium and phosphorus content of any food in the *Canadian Nutrient File* (Google it!)