

Fibre Content of Cooked Grains

Grains per 100g cooked	Fibre content (g)	%RDI women 25g	%RDI men 30g
Barley, pearl	5.4	21.6	18.0
Bread, mixed grain	6.9	27.6	23.0
Bread, wholemeal	6.9	27.6	23.0
Buckwheat, groats	1.1	4.4	3.7
Bulgur, soaked	7.3	29.2	24.3
Couscous	1.9	7.6	6.3
Millet	1.2	4.8	4.0
Oats, rolled	2.9	11.6	9.7
Pasta, wholemeal	5.7	22.8	19.0
Pasta, wheat	2.7	10.8	9.0
Polenta	1.0	4.0	3.3
Quinoa	3.4	13.6	11.3
Rice, brown	1.7	6.8	5.7
Rice, white	0.8	3.2	2.7
Rice, wild	1.8	7.2	6.0
Semolina	1.0	4.0	3.3
Spelt	3.6	14.4	12.0

Key:
≤10%
11-20%
21-30%
≥31%

** Values taken from FSANZ Australian Food Composition Database.

This information has been prepared by the Grains & Legumes Nutrition Council for educational purposes only.



For more information on grains and legumes, visit glnc.org.au