

- Food pairs and their associated dietary fibre

Food 1	Fibre content per 100g	Food 2	Fibre content per 100g
Boiled potato	1.5	Boiled sweet potato	3.7
Green grapes	2.3	Dry figs	14.3
Corn kernels	2.7	Cucumber	1.4
Fried eggs	0.0	Baked beans	5.2
Lettuce	1.6	Carrots	4.0
Boiled white rice	1.0	Boiled pasta	1.6
Bean curd (Tofu)	4.8	Cheese	0.0
White bread roll	3.0	Wholemeal bread roll	7.0
Watermelon	0.4	Orange-whole	2.6
Sweet cream biscuit or cookie	1.5	Oatmeal biscuit or cookie	2.5
Raw almonds	7.4	Potato crisps	3.5

Data taken from AUSNUT 2011-13 at

<http://foodstandards.gov.au/science/monitoringnutrients/ausnut/ausnutdatafiles/Pages/foodnutrient.aspx>