















Do you know your fibre?

With one having the least fibre and fifteen having the most fibre give each of the foods below a number from low to high per 100g.

<p>Banana</p> 	<p>Wholemeal spaghetti - boiled</p> 	<p>Brown rice - boiled</p> 	<p>Potato with skin - baked</p> 	<p>White spaghetti - boiled</p> 
<p>New potatoes with skin - boiled</p> 	<p>Potatoes, flesh only - boiled</p> 	<p>Wheat biscuit cereal</p> 	<p>Apples</p> 	<p>Wholemeal toast</p> 
<p>Pears</p> 	<p>Broccoli - boiled</p> 	<p>Tomatoes - average of raw, grilled, cherry and canned</p> 	<p>Peas - boiled</p> 	<p>Porridge cooked with semi-skimmed milk</p> 