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FIBRE FAVOURITES

With constipation proving a very common side effect from both types of diet, one of the MF mums, Wendy Meteyard-Winful created a list of Fibre Favourites for her own daughter to try and maximise the amount of fibre that Francesca got in her diet. Wendy contributed this list to the MF site and it has proven very useful for parents over the years. We have updated this list and hope you find it just as useful – don't be afraid to try new vegetables and new fruits – you never know your little one might just like them. In fact the most common thing we hear from our families is that the whole family is eating a lot healthier since the Ketogenic Diet arrived in their lives because all the processed food has gone and they are eating more fresh food, including different sorts of vegetables!
So go on – be brave!

All amounts given are per 100g and most values are taken from the McCance and Widdowson's publication 'The Composition of Foods' Sixth Summary Edition. Those items marked with * have come from the packaging labels.

FOOD	PROTEIN	FAT	CARBS	FIBRE
Broad Beans (frozen and boiled)	7.9	0.6	11.7	6.5
Quorn	14.1	3.2	1.9	4.8
Parsnips (boiled)	1.6	1.2	12.9	4.7
Butter Beans (canned)	5.9	0.5	13.0	4.6
Green/French Beans (frozen & boiled)	1.7	0.1	4.7	4.1
Okra (raw)	2.8	1.0	3.0	4.0
Guava (raw)	0.8	0.5	5.0	3.7
Blackcurrants (raw)	0.9	Trace	6.6	3.6
Redcurrants (raw)*	1.1		4.4	3.5
Avocado	1.9	19.5	1.9	3.4
Passion Fruit	2.6	0.4	5.8	3.3
Brussel Sprouts	2.9	1.3	3.5	3.1
Blackberries (raw)	0.9	0.2	5.1	3.1
Cranberries (raw)*	0.4		3.4	3.0
Green Olives in Brine	0.9	11.0	Trace	2.9
Curly Kale (boiled)	2.4	1.1	1.0	2.8
Chinese Leaf*	3.5		0.3	2.6
Spring Greens (boiled)	1.9	0.7	1.6	2.6
Raspberries (raw)	1.4	0.3	4.6	2.5
Gooseberries (raw)	1.1	0.4	3.0	2.4
Cabbage (raw)	1.7	0.4	4.1	2.4
Carrots (young,raw)	0.7	0.5	6.0	2.4
Fennel (raw)	0.9	0.2	1.8	2.4

FOOD	PROTEIN	FAT	CARBS	FIBRE
Mangetout (raw)	3.6	0.2	4.2	2.3
Broccoli (boiled)	3.1	0.8	1.1	2.3
Sauerkraut	1.1	Trace	1.1	2.2
Paw Paw (raw)	0.5	0.1	8.8	2.2
Spinach (boiled)	2.2	0.8	0.8	2.1
Aubergine (raw)	0.9	0.4	2.2	2.0
Runner Beans (boiled)	1.2	0.5	2.3	1.9
Beetroot (boiled)	2.3	0.1	9.5	1.9
Turnip (boiled)	0.6	0.2	2.0	1.9
Asparagus	2.9	0.6	2.0	1.7
Leeks (boiled)	1.2	0.7	2.6	1.7
Green Peppers (raw)	0.8	0.3	2.6	1.6
Red Peppers (raw)	1.0	0.4	6.4	1.6
Cauliflower (boiled)	2.9	0.9	2.1	1.6
Beansprouts (raw)	2.9	0.5	4.0	1.5
Spring Onions	2.0	0.5	3.0	1.5
Watercress (large stems removed)	3.0	1.0	0.4	1.5
Baby Corn*	2.9		2.0	1.5
Rhubarb (raw)	0.9	0.1	0.8	1.4
Onions (raw)	1.2	0.2	7.9	1.4
Plantain (boiled)	0.8	0.2	28.5	1.2
Pak Choi*	1.0		1.4	1.2
Courgette (boiled)	2.0	0.4	2.0	1.2
Pumpkin (boiled)	0.6	0.3	2.1	1.1
Strawberries (raw)	0.8	0.1	6.0	1.1
Mushrooms (raw)	1.8	0.5	0.4	1.1
Mustard and Cress	1.6	0.6	0.4	1.1
Celery (raw)	0.5	0.2	0.9	1.1
Tomatoes (raw)	0.7	0.3	3.1	1.0
Rocket*	3.3		0.6	0.6
Cucumber	0.7	0.1	1.5	0.6

Some ideas on how to use those fibre favourites:

Butter Beans (canned) – we know these look high on the carb levels and probably wouldn't be a good idea for the classical child unless they were on a lower ratio BUT they are an excellent source of fibre and are great if used for a replacement to mash potato. A kid on the MCT diet could use these OR if your child would like green mash...

Broad Beans (Frozen and Boiled) – cook them and then remove the skins (bit fiddly but you could do a batch of them and keep them in the fridge for a couple of days). Excellent source of fibre and you could mash them up as well to look like green mash which is great for Halloween too!

Quorn – This is classed as a vegetable and is not only a good source of fibre but also an excellent source of protein. Good one to use in 'mince' type dishes as you get more in quantity than you would if you used mince meat of some kind. Also good to use in meals for school in case the school need to re-heat dinners – you don't have to worry that the meat is not being re-heated well enough or get nervous about where the dinner is stored!

Fruit – Berries etc – these can be used whipped into double cream for a pudding. They can be put in sugar free jellies for fruit jellies or if you want to make more of a special pudding (and if you have the allowance) you can make baked ricotta cakes with berries or a fruit filled omelette for breakfast as well as batching up baked egg custards with fruit.

Rhubarb – although this doesn't appear as high on the list as other fruits, the fact that the carb is so low means that more quantity can be given, so this is a good one to use if you have a child that likes bigger portions. Rhubarb stewed with liquid sweetener and a pinch of mixed spice is good served with cream or you can make a crumble type pudding using ground macadamia nuts/ground almonds for a topping.

Spring Onions – ALWAYS use spring onions instead of ordinary onions – they are lower in carb and you won't get as much wastage. They are also slightly higher in fibre.

Peppers – as you can see from the table – both red and green have the same fibre content but just look at the difference in carbs – try to avoid red peppers and just go for the green ones if you can, especially if your child likes bigger quantities of food on the plate.