

Find your fibre fortune

Enter a randomly selected three digit number in the squares below.

<input type="text"/>	<input type="text"/>	<input type="text"/>
0) White bread Serving: 2 slices (80g) Fibre: 2.3g 	0) Sweetcorn Serving: 80g Fibre: 1.6g 	0) Ham Serving: 2 slices (30g) Fibre: 0g 
1) White pasta Serving: 180g cooked Fibre: 4.5g 	1) Peas Serving: 80g Fibre: 4.4g 	1) Tuna Serving: 60g Fibre: 0g 
2) Bagel Serving: 1 bagel (85g) Fibre: 2.6g 	2) Broccoli Serving: 80g Fibre: 3.0g 	2) Boiled egg Serving: 2 eggs (120g) Fibre: 0g 
3) Brown rice Serving: 180g cooked Fibre: 2.7g 	3) Cherry tomatoes Serving: 80g Fibre: 1.0g 	3) Chicken Serving: 100g Fibre: 0g 
4) Whole wheat pasta Serving: 180g cooked Fibre: 7.6g 	4) Carrots Serving: 80g Fibre: 2.2g 	4) Cheddar cheese Serving: 30g Fibre: 0g 
5) Jacket potato Serving: 220g Fibre: 5.7g 	5) Green beans Serving: 80g Fibre: 3.3g 	5) Cream cheese Serving: 30g Fibre: 0g 
6) Brown bread Serving: 2 slices (80g) Fibre: 5.6g 	6) Cauliflower Serving: 80g Fibre: 1.5g 	6) Kidney beans Serving: 120g Fibre: 9.9g 
7) Sweet potato Serving: 180g Fibre: 7.9g 	7) Green peppers Serving: 80g Fibre: 1.7g 	7) Baked beans Serving: 120g Fibre: 5.9g 
8) White rice Serving: 180g cooked Fibre: 0.9g 	8) Leeks Serving: 80g Fibre: 1.6g 	8) Tofu Serving: 80g Fibre: 3.1g 
9) Couscous Serving: 150g cooked Fibre: 3.3g 	9) Lettuce Serving: 80g Fibre: 1.2g 	9) Chickpeas Serving: 120g Fibre: 6.9g 