

Find your fibre fortune

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

| [] | [] | [] |
|---|---|--|
| 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  |