

Incredible Edible Fibre

What is dietary fibre?

Dietary fibre is the part of foods that we cannot digest but is good for our health. It is found in plants – whole grains, vegetables, fruit, legumes (beans, peas, lentils), nuts and seeds. There is no fibre in meat, fish, dairy products and refined grains (white flour or white rice).

How much fibre do I need?

Age (years)	Males (grams/day)	Females (grams/day)
1–3	19	19
4–8	25	25
9–13	31	26
14–18	38	25
19–50	38	25
Over 50	30	21
Pregnancy		28
Breastfeeding		29

DRI, U.S. National Institute of Medicine, 2006

Is all fibre the same?

No! There are two main kinds of fibre – insoluble and soluble.

Insoluble fibre helps to prevent constipation. It is mostly found in wheat bran, whole grain breads and cereals, flax seeds and skins of vegetables and fruit.

Soluble fibre helps to lower blood cholesterol and helps to slow down the rate that sugar goes into the blood. It is mostly found in oats, barley, psyllium, legumes and some vegetables and fruit.

Both types of fibre also help to make you feel full when you eat. This can help to stop overeating. Fibre may also help to prevent diseases such as heart disease, diabetes, diverticular disease and some forms of cancer.

How can I add more fibre to my diet?

- Choose whole grains like whole wheat bread instead of white bread
- Eat lots of vegetables and fruit with the skin if possible
- Eat more legumes like chick peas, beans and lentils. Try a new recipe each week.
- Start your day with a high-fibre cereal. Add fruit like blueberries or banana
- Eat high fibre snacks. Sprinkle whole grain cereal or ground flax seed on yogurt. Snack on vegetables and fruit, nuts and seeds.



- Eat lots of different high fibre foods. This way you will be getting both soluble and insoluble fibre.

Slowly add more fibre to your diet. Too much too soon can cause bloating and gas.

Drink lots of fluids such as water. Fluids help your body use the fibre.

Reading labels

When the label says, “Source of Fibre”, this means the food has at least 2 grams of fibre in each serving.

When the label says, “High Source of Fibre”, this means the food has at least 4 grams of fibre in each serving.

When the label says, “Very High Source of Fibre”, this means the food has at least 6 grams of fibre in each serving.

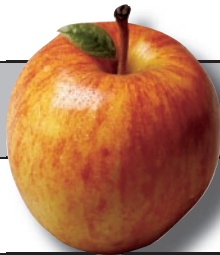


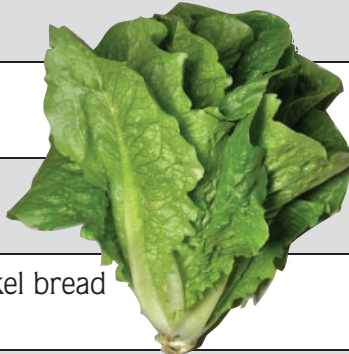
This label shows that this food has 5 g of fibre and is a “High source of fibre”.

Nutrition Facts	
Per ½ bag (40g)	
Amount	% Daily Value
Calories 130	
Fat 2g	3%
Saturated 0.5g + Trans 0g	3%
Cholesterol 0mg	
Sodium 230mg	10%
Carbohydrate 24g	8%
Fibre 5g	24%
Sugars 0g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

Fibre in Common Foods

Very high source of fibre (at least 6g)	Serving Size
High fibre bran cereal	30g
Cooked legumes	175mL (3/4 cup)
Coconut	125mL (1/2 cup)
High source (at least 4-6g)	
Avocado	½ medium
Buckwheat (kasha)	125mL (1/2 cup)
Guava	1 medium
Pear with the skin	1 medium



Raspberries		125mL (1/2 cup)
Sesame Seeds		60mL (1/4 cup)
Source (at least 2-4g)		
Apple with skin, orange, banana, peach		1 medium
Barley		125mL (1/2 cup)
Brown rice, whole grain pasta		250mL (1 cup)
Dried fruit (date, prune, fig, apricot)		3 medium
Mango		1/2 medium
Most berries		125mL (1/2 cup)
Most vegetables		125mL (1/2 cup)
Papaya		1/2 medium
Potato or sweet potato		1 medium
Sesame paste (tahini)		60mL (1/4 cup)
Sunflower seeds		60mL (1/4 cup)
Tamarind pulp		125mL (1/2 cup)
Whole wheat, multigrain, pumpernickel bread		1 slice
Whole grain pita or English muffin		1/2

High Fibre Sample Menu for One Day

Breakfast	Grams of fibre
30g bran cereal	10.1
125mL blueberries	2.0
250mL milk	0
125mL orange juice	0.3
Snack	
2 slices whole wheat bread	5.2
30mL peanut butter	1.8
250mL water	0
Lunch	
Egg Sandwich	
1 egg	0
1 whole grain pita	5.2
1 large carrot	1.8
250mL milk	0
125mL lettuce	0.6
Snack	
1 apple with the skin	2.6
Dinner	
250mL brown rice	2.6
1 chicken breast	0
250mL broccoli	4.0
250mL water	0
125mL cantaloupe	0.6
Total	37.6

