



# Fill up on Fibre



## Benefits of Fibre

**Lowers blood cholesterol levels**  
**Prevents constipation**  
**Lowers plaque build-up relating to heart disease**  
**Lowers risk of digestive conditions**

**Controls blood sugar levels**  
**Aids in weight loss**  
**Acts as your internal broom - sweeps up the dirt [toxins]**  
**Keeps you feeling full**

### We need 25-35g per day. How can we achieve that?

#### Heart and Stroke says....

1. Choose a fibre-rich cereal (least 4 g of fibre per serving).
2. Add a high-fibre cereal to your regular cereal. Choose a cereal that has at least 10 g of fibre per serving and sprinkle it on your regular cereal.
3. Eat more fruit. Have fruit for a snack or dessert and limit your intake of fruit juice. Don't forget to eat the skin on fruits such as apples and pears. That is where most of the fibre is.
4. Add one more vegetable to your diet today. Vegetables are low in calories and a good source of fibre and nutrition.
5. Add beans or lentils to your tossed salad, spaghetti sauce or soups.
6. Choose 100% whole-grain and 100% whole-wheat breads and pasta. The package should say 100% whole grain, or 100% whole wheat.
7. Add 75 mL (¼ cup) of wheat bran, oat bran or ground flax to your baking.
8. Use hummus or other bean dips for spreads on sandwiches instead of mustard and mayonnaise.
9. Add dried fruit, nuts or seeds to cereal, salads or yogurt.
10. Substitute half the white flour for whole wheat flour in your favourite recipes.

*Source: Heart and Stroke Foundation*

