

Finding Fibre

Fibre is only found in food sources that are derived from plants. (E.g. vegetables, fruits, almonds, oats, etc.). Fibre is the part of the plant that our bodies are not able to digest. There are 2 types of fibre: **soluble and insoluble**. They each have a unique role and they are both essential for optimal digestive health. Fibre also reduces the risk of heart disease, diabetes, weight gain and it is vital that you consume fibre every day!

Why is Fibre Important?

- ✓ Lowers your blood cholesterol levels
- ✓ Controls blood sugar levels
- ✓ Manages blood pressure
- ✓ Manages diarrhea and loose stools
- ✓ Maintains and controls your weight because it keeps you full longer
- ✓ Regulates bowel movement
- ✓ Improves colon health
- ✓ Reduces the risk of getting intestinal ulcers



Soluble vs. Insoluble Fibre

Soluble	Insoluble
<ul style="list-style-type: none"> - can be digested by the body - helps to soften stools - helps to manage diarrhea - promotes regular bowel movements - reduces amount of cholesterol in your blood - sources: oats, barley, bananas, apples, strawberries, carrots, potatoes 	<ul style="list-style-type: none"> - cannot be digested by the body - helps to prevent constipation - adds bulk to stool to improve bowel movements - sources: whole grain cereals, whole grain breads, wheat bran, beans, legumes, broccoli, corn, tomato

How Much Fibre Do We Need?

Age	Male	Female
14-18	38 grams	26 grams
19-50	38 grams	25 grams
51-70+	30 grams	21 grams



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Amount of Fibre in Foods



Food	Serving Size	Total Fibre (grams)
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15.0
Raspberries	1 cup	8.0
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Pear, with skin	1 medium	5.5
Bran flakes	3/4 cup	5.3
Broccoli, boiled	1 cup	5.1
Apple, with skin	1 medium	4.4
Oatmeal, instant, cooked	1 cup	4.0
Sweet corn, cooked	1 cup	4.0
Almonds	23 nuts	3.5
Brown rice, cooked	1 cup	3.5
Bread, whole-wheat or multigrain	1 slice	1.9
Carrot, raw	1 medium	1.7

Tips on How To Intake More Fibre

- Have oatmeal or whole-grain cereal with fresh fruit on the top for added sweetness
- Add 1/2 cup of All-Bran or Fibre One on top of your cereal, yogurt or smoothie
- Eat your fruits and vegetables raw and with the skin
- Snack on fruits
- Use brown rice instead of white rice
- Replace white pasta with whole-wheat pasta
- Add vegetables to pasta and other dishes
- Use whole-grain flour when you bake
- Add almonds or other nuts to a salad



Chart of high-fiber food. (2012, November). Retrieved from www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948

Fibre. (2010). Retrieved from www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/fibre

Fibre and your health. (2014, February). Health benefits of eggs. Retrieved from www.healthlinkbc.ca/healthfiles/hfile68h.stm

Food sources of soluble fibre. (2013). Retrieved from www.dietitians.ca/Downloads/Factsheets/Food-Sources-of-Soluble-Fibre.aspx.

Note: Slowly increase your fibre intake; if you increase your intake drastically, you may experience gas, cramping, and discomfort.

When looking at nutritional labels, look for the following ingredients: **bran, whole grain/wheat, oatmeal, and rye flour**. Enriched wheat flour is refined white flour and it is not a good source of fibre.