



## Healthy Eating... Facts on Fibre

Dietary fibre is only found in plant products. It slows digestion and gives a feeling of being full which may help with portion control and weight loss. There are two types of dietary fibre. **Soluble fibre** helps to lower LDL (lousy) cholesterol, triglycerides, and total cholesterol. It also helps to control blood sugar and blood pressure levels. **Insoluble fibre** helps to relieve and prevent constipation, keeping your bowels healthy.

### Food Sources of Fibre:

#### 1. Soluble Fibre

- ♥ Psyllium products (e.g. All Bran Buds<sup>®</sup>, Metamucil)
- ♥ Legumes (e.g. Dried beans, lentils, chickpeas)
- ♥ Oat products (e.g. Oatbran, oatmeal)
- ♥ Barley, quinoa
- ♥ Pectin-rich fruits (e.g. Apples, pears, berries, citrus fruits)
- ♥ Some vegetables (e.g. Artichoke, squash, corn, broccoli, carrots, potato with skin)
- ♥ Soybeans

#### 2. Insoluble Fibre

- ♥ Wheat bran, whole grain cereals and breads
- ♥ Whole grain products (e.g. brown rice, couscous, whole-wheat or multi-grain pasta)
- ♥ Colourful whole fruits and vegetables (e.g. Dark leafy greens and yellow, orange, and red vegetables or fruit)

**Recommendations:** Try to eat **21-38 grams** of total fibre each day. Be sure to include sources of both soluble and insoluble fibre daily. Add high fibre foods to your diet gradually, spread them throughout the day, and increase your water or fluid intake. This will help to avoid gas and other discomfort.

### Tips for Reading Food Labels

- ♥ Check the fibre *claims and content* on food labels. Look for labels that say **high** or **very high source of fibre**. This means that the food must have at least four or six grams of fibre per serving
- ♥ Check the *Nutrition Facts* panel. This will tell you specifically how many grams of fibre are in each serving
- ♥ Check the *ingredient list*. Ingredients are listed in order of decreasing amount. Look for ingredients such as bran, whole wheat, oatmeal, or rye flour, especially early in the list

## Fibre Content of Foods\*

Breads and Cereals		Vegetables	
½ cup Fibre 1 Cereal®	12.9 g	½ cup cooked green peas	5.6 g
⅓ cup All Bran Buds®	11.0 g	1 medium artichoke, cooked	4.7 g
½ cup All Bran Original Cereal®	12.0 g	1 medium baked potato with skin	3.8 g
85 g Catelli® multigrain pasta	9.0 g	1 medium green pepper, raw	2.4 g
1 cup Two Scoops Raisin Bran®	6.0 g	½ cup cooked spinach	2.3 g
1 small bran muffin	2.8 g	½ cup cooked broccoli	2.0 g
1 slice pumpernickel bread	2.3 g	6 spears asparagus, cooked	1.8 g
1 slice Dempster's® Original whole wheat bread	2.0 g	½ cup cooked corn	1.6 g
1 Tbsp ground flax seed	2.0 g	1 medium carrot, raw	1.5 g
½ cup cooked brown rice	1.5 g	½ cup cooked cauliflower	1.5 g
		1 cup Romaine lettuce	1.2 g
Fruits		Meat Alternates	
½ cup dried prunes	6.5 g	¾ cup cooked black beans	8.9 g
1 medium pear	5.0 g	¾ cup cooked lentils	6.2 g
½ cup blackberries	4.0 g	¾ cup cooked soybeans	5.6 g
½ cup raisins	2.7 g	¾ cup cooked split peas	4.2 g
1 medium apple	2.6 g	¼ cup dry roasted almonds	4.1 g
1 medium orange	2.3 g	¼ cup toasted sunflower seeds	3.9 g
1 medium banana	2.1 g	¼ cup dry roasted peanuts	3.0 g
3 apricots, raw	2.1 g	¼ cup pecans	2.6 g
½ cup blueberries	2.0 g	¼ cup dried walnuts	2.0 g
1 Tbsp = 15 ml      ⅓ cup = 75 ml		½ cup = 125 ml      1 cup = 250 ml	

\*Source: Canadian Nutrient File, version 2010

Here are some easy tips to help you start eating the HIGH FIBRE way:

- ♥ Start your day with a high fibre cereal topped with fruit
- ♥ Choose high fibre breads, pastas, and rice at mealtimes
- ♥ Enjoy fresh or dried fruit as a snack, added to cereals, yogurt, or salads
- ♥ Aim to have half of your meal as vegetables
- ♥ Add vegetables and legumes to soups

For more information, please contact your Registered Dietitian: