



## Healthy Eating... Facts on Fibre

Dietary fibre is found only in plant products. It slows digestion and gives a feeling of being full. This 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:

#### Soluble Fibre

- ♥ Psyllium products (e.g. Kellogg's All Bran Buds<sup>®</sup>, Metamucil, Nature's Path SmartBran<sup>™</sup>)
- ♥ 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, bananas)
- ♥ Some vegetables (e.g. Artichoke, squash, corn, broccoli, carrots, peas, potato with skin)
- ♥ Soybeans
- ♥ Flax seeds

#### 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)
- ♥ Nuts and seeds (except flax seeds)

**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

- ♥ 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*. 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
½ cup All Bran Original Cereal®	12.0 g	1 medium artichoke, cooked	4.7 g
⅓ cup All Bran Buds®	11.0 g	1 medium baked potato with skin	3.8 g
85 g Catelli® multigrain pasta	9.0 g	½ medium green pepper, raw	1.2 g
1 cup Kellogg's Raisin Bran®	7.0 g	½ cup cooked spinach	2.3 g
¾ cup cooked oatmeal	5.1 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 100% whole wheat bread	2.0 g	½ cup cooked corn	2.1 g
½ cup cooked brown rice, long grain	1.5 g	1 medium carrot, raw	1.5 g
		½ cup cooked cauliflower	1.5 g
1 cup Romaine lettuce	1.2 g		
Fruits		Meat Alternates	
1 medium pear	5.0 g	¾ cup cooked black beans	8.9 g
½ cup blackberries	4.0 g	¾ cup cooked lentils	6.2 g
¼ cup dried prunes	3.0 g	¾ cup cooked soybeans	5.6 g
1 orange	3.6 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 banana	2.1 g	¼ cup toasted sunflower seeds	3.9 g
½ cup blueberries	2.0 g	¼ cup dry roasted peanuts	3.0 g
½ cup apricots, raw	1.7 g	¼ cup pecans, dry roasted	2.6 g
½ cup strawberries	1.7 g	1 Tbsp ground flax seed	2.0 g
¼ cup raisins	1.5 g	¼ cup dried walnuts, chopped	2.0 g
1 Tbsp = 15 ml   ¼ cup = 60 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: