



Leeds, Grenville & Lanark District

HEALTH UNIT



Fibre

For more information call The HEALTH Action Line at 345-5685 or 1-800-660-5853
or visit us on the web at www.healthunit.org

The Fibre Boost

Increasing Fibre in your Diet

FIBRE - What is it and how do you find it? There are two main kinds of fibre.

Soluble Fibre

This kind of fibre can help lower blood cholesterol and prevent colon cancer. It may also help people with diabetes control their blood sugars. It is found in dried peas and beans (such as chick peas and kidney beans), oats, barley, lentils, and many fruits and vegetables.

Insoluble Fibre

This kind of fibre provides the bulk that pushes food through the digestive system - it helps keep you regular. It is found in whole wheat products, wheat and corn bran, many vegetables, and the skins of fruits and vegetables.

It is healthy to eat a variety of foods that have both soluble and insoluble fibre.

Currently, most people eat less than half the amount of fibre they need. In general, **a daily fibre intake of**

25 - 35 grams is considered healthy. What does this mean in terms of food? 25 - 35 grams of fibre is found in.....

- 1/3 cup All Bran + 1 pear + 1 baked potato + 2 slices pumpernickel bread + 1 apple
- 1 cup baked beans + 1 banana + 3/4 cup Raisin Bran + 1/4 cup peanuts + 4 figs
- 2 medium carrots + 1/2 cup lentils + 1 cup strawberries + 1/2 cup granola with raisins + 3/4 cup oatmeal + 1 cup brown rice + 1/2 cup blueberries

Choose whole grain foods such as whole wheat bread, fruits, vegetables, and meat alternatives (beans, dried peas, lentils) These are healthy choices that are packed with fibre.

It is important to increase the amount of fluid you drink as you increase your fibre intake.

Without extra fluid, fibre will not work well in moving things through your digestive system and may cause more discomfort.

Increase your fibre intake slowly over several months. This will cut down on the amount of "gas" you may feel. Abdominal discomfort/gas will decrease over time as your body gets used to the increase in fibre.

Continued on reverse...

Increase Fibre in Cooking and Baking

- For every cup of white flour a recipe calls for, use ½ cup whole wheat flour + ½ cup white flour instead.
- Add wheat bran or oat bran to muffins, quick breads, dinner rolls, casserole toppings, meat loaf, and cookies.
- Add wheat germ to peanut butter and spread on whole wheat bread.
- Add nuts and dried fruit to stir fry and salad.
- Add whole grains such as barley, brown rice, and oats to soups and casseroles.
- Use grated fruits and vegetables in cooking and baking instead of some of the oil or fat - experiment with how much fat you can replace!
- Have fresh fruit as a dessert or as a topping for other desserts.
- Do not peel vegetables unless it is absolutely necessary - there is more fibre in the skin.
- Use cracker crumbs, bread crumbs, oat bran, or wheat bran as a coating for meat, fish, or chicken.
- Have a fruit, vegetable, and whole grain product at every meal.
- Sprinkle some bran cereal over your usual breakfast cereal.

About Fibre Pills & Powders

There are many health benefits to eating high fibre foods. High fibre food choices have more vitamins and minerals and less fat than low fibre foods. Fibre pills and powders supply fibre and *may* help relieve constipation. However, these pills and powders do not provide the nutrients or other health benefits that high fibre foods provide. Also, there is no proof that fibre pills and powders help with losing weight or keeping weight off. The best way to achieve a healthy weight is to eat a variety of foods that are high in fibre and low in fat, and to be physically active every day.

With a few simple changes you can easily increase your fibre intake!



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Gananoque	382-4231
Kemptville	258-5941
Smiths Falls	283-2740

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