

# Focus on Fibre

Dietary fibre is simply the parts of plant foods that our bodies cannot digest and absorb.

This can be **soluble** (think of oatmeal expanding with hot water) or **insoluble** (think of roughage or peels of fruits/vegetables).

**Soluble fibre** is often found in: fruits, oats, and legumes. Some examples include apples, pears, kidney beans, oats, and barley.

**Insoluble fibre** is often found in all plants, wheat, rye, and vegetables. Some examples include wheat bran, wheat products, and brown rice.



## Mix & Match

Food Choice (serving size)	Fibre (grams)
Apple, medium	4g
Avocado, ¼	2.5g
Banana, large	3g
Black beans, 1 cup	10g
Blackberries, 1 cup	8g
Blueberries, 1 cup	4g
Chickpeas, 1 cup	8g
Edamame (soy beans), 1 cup	8g
Flax seeds, ground, 1 tbsp	2g
Kale, 2 cups	4g
Kidney beans, 1 cup	12g
Lentils, 1 cup	9g
Navy beans, 1 cup	13g
Oatmeal, 1 cup	5g
Raspberries, 1 cup	8g
Rye crackers, 2 large	4g
Pear, medium	5g
Peanut butter, natural, 1 tbsp	1g
Spinach, cooked, 1 cup	7g
Strawberries, 1 cup	3g
Whole wheat wrap, 1 x 8"	3g

## benefits of fibre

- 1) helps increase satiety to keep us full longer
- 2) helps reduce spikes in blood sugars
- 3) can help reduce cholesterol levels in our blood
- 4) helps keep us regular with our bowel movements

## how much fibre do I need?

Diabetes Canada recommends 25-50 grams of fibre per day (for adults).

## how can I get enough?

**Good** sources of fibre have at least 2 g fibre per serving

**Better** sources of fibre have at least 4 g fibre per serving

**Best** sources of fibre have at least 6 g fibre per serving.

## high fibre meals (8-10g)

- ❖ oatmeal with peanut butter and a sliced apple
- ❖ whole-wheat wrap with lettuce, cucumber, tomatoes, chickpeas, and diced cooked chicken breast
- ❖ dahl (lentils) with spinach and a mixed berries for dessert

## high fibre snacks (5-8g)

- ❖ edamame (boiled or steamed)
- ❖ raspberries with 1-2 oz cheese
- ❖ avocado spread onto 2 rye crackers

## keep in mind

- ✓ add high-in-fibre foods gradually to your diet, not all at once
- ✓ drink more water throughout the day to help balance your fibre intake
- ✓ stay active on a daily basis to help reduce feelings of bloating or cramping
- ✓ try to limit or avoid highly processed cereals, cookies, and crackers that are high in sugars, salts or fats, even if they are high fibre products