

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	2.5 g
Banana, large	3 g
Black beans, 1 cup	10 g
Blackberries, 1 cup	8 g
Blueberries, 1 cup	4g
Chickpeas, 1 cup	8 g
Edamame (soy beans), 1 cup	8 g
Flax seeds, ground, 1 tbsp	2 g
Kale, 2 cups	4 g
Kidney beans, 1 cup	12 g
Lentils, 1 cup	9 g
Navy beans, 1 cup	13 g
Oatmeal, 1 cup	5 g
Raspberries, 1 cup	8 g
Rye crackers, 2 large	4 g
Pear, medium	5 g
Peanut butter, natural, 1 tbsp	1g
Spinach, cooked, 1 cup	7 g
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