

Eating Fibre-Rich Food is Easy!

- Begin your day with a high fibre cereal that contains at least four grams of fibre in each serving.
- Sprinkle 100% bran on your favourite breakfast cereal.
- Choose 1-2 servings of vegetables or fruit with every meal or snack.
- Choose whole grain products that contain at least two grams of fibre per serving.
- Choose to eat a piece of fruit, instead of drinking juice.
- Add fresh or frozen berries to yogurt or whole grain cereal.
- Use legumes and lentils to give a fibre boost to soups, casseroles and salads.
- Add ground flaxseed to yogurt, salads and muffins.
- Mix wheat bran or bran cereal in pancake, muffin or cookie batter.
- Grab a handful of trail mix made with nuts and dried fruit.



Examples of Fibre Sources

Serving	Food	Dietary Fibre (g)
1/3 cup	100% bran cereal with psyllium	12
1/2 cup	100% bran cereal	12
1 cup	Bran Flake cereal	5
1 cup	Cooked whole wheat pasta	5
3/4 cup	Cooked oatmeal	3
1 slice	100% whole wheat bread	2
1/2 cup	Cooked barley	2
1/2 cup	Cooked brown rice	2
1/2 cup	Dried fruit (raisins, dates, prunes)	8
1	Pear	5
1	Apple	5
1/2 cup	Raspberries	4
1	Orange	3
1/2 cup	Strawberries	2
1/2 cup	Cooked sweet potato	4
1/2 cup	Broccoli	3
1/2 cup	Brussel sprouts	3
1/2 cup	Carrots	3
1/2 cup	Stewed tomatoes	2
1/2 cup	Beans (white, baked brown, kidney, chickpeas)	10
2 tbs	Ground Flaxseed	9
1/4 cup	Peanuts	6
1/2 cup	Split peas, cooked	5
1/2 cup	Lentils	5
1/4 cup	Almonds	4

Canadian Nutrient File, Health Canada, 2007b



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What is Dietary Fibre?

Dietary fibre is the part of plant foods that humans cannot digest. It is found in grain products, fruit, vegetables and legumes. Meat, fish, poultry, eggs and dairy products do not contain fibre.

Fibre helps keep our bowels regular, helps keep blood cholesterol under control, may prevent certain bowel diseases and may keep your appetite and weight better controlled.

There are two types of dietary fibre: insoluble fibre and soluble fibre. Some foods contain both types of fibre.

Soluble vs. Insoluble Fibre, What is the Difference?

Insoluble Fibre	Soluble Fibre
Passes through your digestive system unchanged. Referred to as "roughage."	Forms a gel when it mixes with water. Has a "sticky and gummy" texture when cooked.
Helps the intestines work smoothly and prevents constipation.	Helps reduce harmful (LDL) blood cholesterol levels.
May help prevent diseases of the bowel.	Controls blood sugar levels.
Sources: wheat bran, whole grains, vegetables, skins of fruit, nuts, and seeds.	Sources: oat bran, oatmeal, legumes (beans, peas, and lentils), barley, vegetables, fruit, psyllium, and inulin (from chicory root).



How much Fibre Should You Eat?

Most Canadians do not eat enough fibre. In fact, most of us need to double our fibre intake.

Age (years)	Recommended amount per day (grams)
Children 4-9	25
Females 9-18	26
Females 19-50	25
Females 50 and above	21
Males 9-13	31
Males 14-50	38
Males 50 and above	30

Dietary Reference Intakes, Health Canada, 2005

- Increase your fibre intake slowly to help give your body a chance to get used to it.
- Your body needs water to use fibre properly. Strive for six to eight cups of fluid (water, milk, soups, and other beverages) each day to help the fibre work.



Choosing Fibre-Rich Foods

Use the **Ingredient List** when you are grocery shopping. Look for "whole grain" listed first on the ingredient list.

Use the **Nutrition Facts** panel to help choose foods with the highest amount of fibre.

1. Look at the serving size information. Be aware that the amount can vary from one product to another.
2. Compare the amount of fibre in each product.
3. Choose products that have **two or more grams** of fibre per serving.

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
Calories 220	
Fat 2 g	3%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 270 mg	11%
Carbohydrate 44 g	15%
Fibre 8 g	32%
Sugars 16 g	
Protein 6 g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 40%

Nutrition Claims

When a product has a claim about fibre on its label (e.g. source of fibre), it must meet the following government guidelines:

- **Source** – contains at least two grams of fibre per serving
- **High Source** – contains at least four grams of fibre per serving
- **Very High Source** – contains at least six grams of fibre per serving