

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



THE IMPORTANCE OF FIBRE



Helps lower cholesterol



Helps you feel full



Helps regulate bowel movements



Can help reduce risk of illnesses

How much fibre do you need?

Women need at least 25 grams of fibre a day, while men need at least 38 grams of fibre a day.

What foods contain fibre?

Grain Products

Cereals, breads, barley, quinoa, oatmeal, bulgur



Fruits and Vegetables

Pears, raspberries, avocados, artichokes



Legumes

Dried peas, beans, and lentils



Nuts and Seeds

Flax seeds, chia seeds, sunflower seeds



What to do when you start increasing your fibre?

A serving size tells you how much of a food or a liquid is in 1 serving.

Nutrition Facts	
Serving Size	½ cup (130g)
Serving Per Can 3½	
Amount Per Serving	
Calories	140
Calories from Fat 0	
% Daily Value*	
Total Fat	0.5g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	510g 21%
Total Carbohydrates	28g 9%
Dietary Fiber	6g 24%
Sugars	11g
Protein	6g

This number tells you how many grams (g) of fiber are in 1 serving.

- ✓ Eat a variety of high-fibre foods throughout the day
- ✓ Increase fibre intake slowly to help your body adjust to the change
- ✓ Stay hydrated!
- ✓ Check the nutrition facts label and choose foods with the most fibre per serving
 - ✓ 5% DV or less is a little and 15% DV or more is a lot for all nutrients

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HOW TO GET MORE FIBRE

Grain Products

- ✓ Choose cereals that have "wheat bran" or a "whole grain" as the first ingredient
 - ✓ Kellogg's All-Bran Buds – add to breakfast cereal, stir into yogurt, or sprinkle some on top of your salads
- ✓ Look for whole grain or wheat breads instead of white flour products
- ✓ Add some high fibre cereal to batters for pancakes, quick breads, and muffins
- ✓ Try brown rice, wheat berries, quinoa, bulgur, or barley instead of white rice
- ✓ Use a high fibre cereal in place of bread crumbs in burgers and in coatings for cereal and fish

Fruits and Vegetables

- ✓ Eat unpeeled fruits and vegetables when possible; their skin contains a great amount of fibre
- ✓ Choose whole fruits and vegetables rather than juice
- ✓ Layer berries, yogurt, and a high fibre cereal for breakfast
- ✓ Add extra vegetables to pasta, curries, casseroles, and soups
- ✓ Top a salad with some high fibre cereal, dried fruit, or chopped nuts

Legumes

- ✓ Have more meatless dishes like baked beans and lentil soup
- ✓ Add canned beans to pasta sauce, soups, stews, and casseroles
- ✓ Spread hummus on a sandwich or wrap, and use as a dip for raw vegetables
- ✓ Try a cold bean salad made of kidney beans and chickpeas
- ✓ Add edamame to salads and try it for a snack

Nuts and Seeds

- ✓ Sprinkle a tablespoon of flaxseed or chia seeds on cereal, yogurt, and salads
- ✓ Use peanut butter as a spread for toast and in sandwiches
- ✓ Have a small handful of nuts or sunflower seeds for a snack

How to get 25 grams of fibre a day!

1/2 cup All-Bran Buds' cereal – 11g
1/2 cup brown rice – 2g
1 tbsp flaxseed – 3g
1/2 cup blueberries – 2g
1 pear – 5g
1/2 cup broccoli – 2g

= 25 grams of fibre

2 slices whole wheat bread – 4g
1 baked potato – 4g
3/4 cup chickpeas – 6g
1 apple – 3g
1/2 cup raspberries – 4g
1/2 cup carrots – 2g
1/2 cup green beans – 2g

= 25 grams of fibre



Nutrient values obtained from Health Canada
(healthcanada.gc.ca/cnf)