# 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,

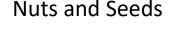
avocados, artichokes



Legumes

Dried peas, beans, and

lentils



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. This number tells you how many grams (g) of fiber are in 1 serving.	Serving Size ½ cup (130g) Serving Per Can 3½	ac 13
	Amount Per Serving	
	Calories 140 Calories	from Fat 0
	% [	Daily Value*
	Total Fat 0.5g	1%
	Saturated Fat 0g	0%
	Trans Fat 0g	
	Cholesterol Omg	0%
	Sodium 510g	21%
	Total Carbohydrates 28g	9%
	Dietary Fiber 6g	24%
	Sugars 11g	
	Protein 6g	

- 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 od 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, an 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 ½ cup brown rice – 2g 1 tbsp flaxseed – 3g ½ cup blueberries – 2g 1 pear – 5 g ½ cup broccoli – 2g

### = 25 grams of fibre

2 slices whole wheat bread – 4g 1 baked potato – 4g ¾ cup chickpeas – 6g 1 apple – 3g ½ cup raspberries – 4g ½ cup carrots – 2g ½ cup green beans – 2g

## = 25 grams of fibre



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