



## HIGH FIBRE DIET

### **What is Fibre?**

Dietary fibre is a part of plant foods that we cannot digest. Fibre can be found only in foods of plant origin such as grains, cereals, fruits, vegetables, legumes, nuts and seeds. Meat, fish, milk and milk products do not contain dietary fibre.

### **Insoluble Fibre**

This type of fibre helps to prevent constipation and helps keep our bowels regular. It is found in wheat bran, whole grain breads and cereals, flax seed, some vegetables and the skins of fruits.

### **Soluble Fibre**

This type of fibre helps lower blood cholesterol and slows down the rate that sugar enters the blood. It is found in oatmeal, oat bran, barley, psyllium (found in All Brand Buds cereal), legumes (peas, beans, lentils) and some vegetables (squash, corn, broccoli, carrots and potato with skin) and fruit (oranges, apples, pears, prunes and watermelon).

### **Why Do You Need a High Fibre Diet?**

In addition to the above benefits, dietary fibre may also help with weight and appetite control, reduce the risk for diseases such as type II diabetes, diverticular disease, heart disease, and some forms of cancer such as colon cancer.

### **How Much Fibre Do I Need?**

Women should aim for about 25g and men should aim for about 38g of fibre each day.

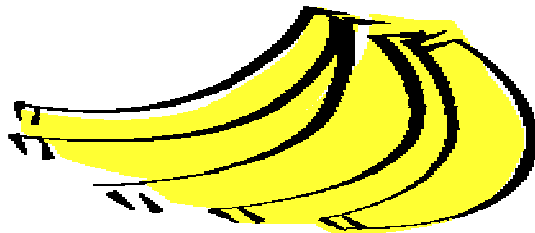
## Fibre Content of Common Foods

<b>A Very High Source (more than 6 grams of fibre/serving)</b>	<b>Serving Size</b>
<ul style="list-style-type: none"> <li>• High fibre bran cereal (All Bran®, Bran Buds®, 100% Bran®, check labels for other cereals)</li> <li>• Legumes (dried peas, beans, lentils), kidney beans, lima beans, baked beans, green peas</li> <li>• Dates, dried</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\frac{3}{4}</math> cup</li> <li>• 1 cup</li> <li>• 4 large</li> </ul>
<b>A High Source (4-6 grams of fibre/serving)</b>	<b>Serving Size</b>
<ul style="list-style-type: none"> <li>• Pear with skin</li> <li>• Sweet Potato</li> <li>• Figs, dried</li> <li>• Prunes</li> <li>• Apricots, dried</li> <li>• Raspberries</li> <li>• Pasta, whole wheat</li> <li>• Barley, cooked</li> <li>• Blueberries</li> <li>• Brussels sprouts, cooked</li> <li>• Bran Flakes®, Corn Bran®, Raisin Bran®</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium</li> <li>• <math>\frac{1}{2}</math> cup</li> <li>• 5</li> <li>• 7</li> <li>• 8</li> <li>• <math>\frac{1}{2}</math> cup</li> <li>• 1 cup</li> <li>• 1 cup</li> <li>• <math>\frac{1}{2}</math> cup</li> <li>• <math>\frac{1}{2}</math> cup</li> <li>• <math>\frac{3}{4}</math> cup</li> </ul>
<b>A source (2-4 grams of fibre/serving)</b>	<b>Serving Size</b>
<ul style="list-style-type: none"> <li>• Whole wheat, multigrain bread</li> <li>• Whole wheat pita bread</li> <li>• Brown rice, cooked</li> <li>• Baked potato with skin</li> <li>• Nuts (almonds, walnuts, peanuts)</li> <li>• Peanut butter</li> <li>• Sesame seeds</li> <li>• Orange, banana, kiwi, nectarine, peach, apple with skin</li> <li>• Strawberries</li> <li>• Most vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice</li> <li>• <math>\frac{1}{2}</math> pita</li> <li>• 1 cup</li> <li>• 1 medium</li> <li>• <math>\frac{1}{4}</math> cup</li> <li>• 2 tbsp</li> <li>• 2 tbsp</li> <li>• 1 medium</li> <li>• 1 cup</li> <li>• <math>\frac{1}{2}</math> cup</li> </ul>

## General Guidelines

- Slowly increase the fibre in your diet to allow your body to get used to it. Too much too soon can cause bloating, gas and discomfort.
- Drink plenty of fluids- at least 6-8 cups per day to help prevent constipation, bloating and gas.
- Try to include 5-10 servings of fruits and vegetables a day (one serving is ½ cup or 1 medium sized fruit). Snack on raw vegetables, fruits, nuts and seeds.
- Make legumes such as beans, lentils and chick peas apart of your meals.
- Choose whole grain breads and cereals more often. Try to pick cereals that have 4g of fibre or more per serving and try to pick whole grain breads that contain 2g of fibre per slice.
- Sprinkle high-fibre cereal or ground flax seed on your yogurt, soups or salads.
- Always look at the food labels when shopping. The **Nutrition Facts** table will list the amount of fibre per serving found in the product.

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Your Dietitian: \_\_\_\_\_ Phone # \_\_\_\_\_

This handout was adapted from the Dietitians of Canada High Fibre patient resource.  
Facts were obtained from Health Canada website [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

**Produced by Dietitians of the Niagara Health System, 2006**