

Healthy Eating Guidelines for Increasing Your Fibre Intake

Why This Diet is Important

This fact sheet provides tips on how to add more fibre-rich foods in your diet. There are different kinds of fibre found in foods such as vegetables, fruit, legumes (peas, beans, lentils) and whole grains and cereals.

Some fibre can help to lower blood cholesterol and control blood glucose (sugar) levels. This is called soluble fibre and is found in some vegetables and fruit and legumes. Other types of fibre, called insoluble fibre from some vegetables and fruit, whole grains and wheat bran, help keep your bowels regular and may protect against colon cancer. Constipation may be improved with a diet that is high in fibre.

It is important to eat a variety of foods to get enough of both types of fibre. A healthy diet includes 25-38 grams of fibre a day. Talk to a dietitian if you want help on increasing the dietary fibre in your diet.



Steps you can take

Use Canada's Food Guide to plan your meals and snacks. Refer to Additional Resources below to get a copy of the guide

Grains

- Eat at least six servings of whole grain products every day. Examples include rolled oats, barley, brown rice, quinoa and whole wheat breads, breakfast cereals and pasta.
- Use whole grain bread, rolls, pita or bagels when making toast or sandwiches.

- Replace at least half of the white flour with whole wheat flour in your recipes.
- Add 15-30 mL (1-2 Tbsp) of bran, ground flax seed or a very high-fibre cereal to your cereal in the morning.
- Vegetables and Fruit
 - Eat at least seven servings of vegetables and fruit every day. Aim for 1-2 servings of fruit and vegetables at every meal and snack.
 - Eat the peels of your vegetables and fruits whenever possible.
 - Try having fruit as a snack or as a dessert. Pears, raspberries and blackberries are top choices for fibre. Guava, persimmon and kumquat are exotic high fibre fruits worth trying.
 - Eat vegetables and fruit instead of drinking juice.
- Legumes
 - Add barley, beans, peas or lentils to soups, stews and casseroles. For example, add black beans to spaghetti sauce or lentils to soup.
 - Roast chickpeas or steam edemame (soybeans in a pod) for an easy snack.
 - Use legume-based dips (ex: hummus, baba ghanoush) for veggies instead of sour cream based.
- Nuts and Seeds
 - Add toasted nuts, sesame seeds, sunflower or pumpkin seeds to salads and cereals.
 - Sprinkle on pasta dishes and stir-fries.
 - Grab a handful of nuts (60 mL (1/4 cup) as a quick snack.
- Read Food Labels
 - Compare products and pick the one with the most fibre. Be sure you are comparing the same serving sizes.
 - Check for grams of fibre. High-fibre foods have four or more grams of fibre per serving.

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|----------------------------------|-------|-------|--------------------------------------|
| 125 mL (1/2 cup) vanilla yogurt | 0.0 | 0.0 | 125 mL (1/2 cup) vanilla yogurt |
| | | 2.0 | 60 mL (1/4 cup) raspberries |
| Snack | | | |
| 1 medium apple | 2.6 | 5.0 | 1 medium pear |
| Water | | | Water |
| Supper | | | |
| 75 g baked chicken breast | 1.0 | 1.0 | 75 g baked chicken breast |
| 125 mL (1/2 cup) mashed potato | 1.6 | 4.0 | 1 medium baked potato with skin |
| 125 mL (1/2 cup) carrots | 2.2 | 2.2 | 125 mL (1/2 cup) carrots |
| 250 mL (1 cup) low fat milk | 0.0 | 1.2 | 250 mL (1 cup) romaine lettuce salad |
| 125 mL (1/2 cup) vanilla pudding | 0.0 | 0.0 | 250 mL (1 cup) low fat milk |
| | | 1.3 | 125 mL (1/2 cup) fruit cocktail |
| Snack | | | |
| 4 melba toast crackers | 1.3 | 2.5 | 1/2 whole wheat pita |
| 30 g (1 oz) cheddar cheese | 0.0 | 2.5 | 60 mL (1/4 cup) hummus |
| 125 mL (1/2 cup) grapes | 1.0 | 1.0 | 125 mL (1/2 cup) grapes |
| Water | | | Water |
| Total Fibre | 15.8g | 41.9g | |

Information on fibre content is from the Canadian Nutrient File 2012.

Available from: <http://webprod3.hc-sc.gc.ca/cnf-fce/newNutrientSearch-nouvelleRechercheAliment.do?lang=eng>



Additional Resources

- | Health Canada, Eating Well with Canada's Food Guide
www.onpen.ca/Docviewer.aspx?id=1508
- | EatRight Ontario, Food Sources of Fibre
www.onpen.ca/Docviewer.aspx?id=7474

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

Distributed by EatRight Ontario:

Get answers to your nutrition and healthy eating questions from a place you can trust.

1. Call EatRight Ontario. Talk to a Registered Dietitian for FREE
1-877-510-510-2, Monday – Friday 9 am to 5 pm ET.
Evening hours Tuesday and Thursday to 9 pm ET.
2. Email a Dietitian from www.eatrightontario.ca.
3. Visit www.eatrightontario.ca

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