



# Fibre *Guide*

WHY IT'S IMPORTANT, HOW  
MUCH YOU NEED, & THE  
BEST HIGH-FIBRE FOODS TO  
ADD TO YOUR DIET.

# INTRO TO FIBRE

*Why its important*

Dietary fibre (aka roughage), is a type of carbohydrate your body can't digest.

While most carbs are broken down into glucose, fibre isn't. Instead, it passes through your digestive tract intact.

And while you can't digest fibre, it delivers a bevy of health benefits.

## BENEFITS OF FIBRE

- Feeds your healthy gut bacteria
- Promotes regular bowel movements
- Helps you feel full longer
- Prevents blood sugar spikes
- Helps lower blood pressure
- Balances cholesterol
- Reduces risk of heart disease, diabetes, and colon cancer



There are two types of fibre...

**Soluble fibre:** dissolves in water & helps lower glucose and blood cholesterol. Soluble fibre is found in foods like oats, beans, apples, & citrus fruits.

**Insoluble fibre:** doesn't dissolve in water & helps move your food through your digestive tract. Insoluble fibre is found in foods like quinoa, brown rice, nuts, and seeds

Fibre is **crucial** for good health! But sadly, only 5% of Americans get enough fibre every day.

And if you're running low on fibre, your body may send you some warning signs.

### Signs of a low-fibre diet:

- Constipation
- Bloating
- Hungry soon after eating
- High cholesterol
- Trouble losing weight
- Feeling tired or sluggish
- Hemorrhoids

# HOW MUCH FIBRE DO YOU NEED?

*Fill up on fibre*

How much fibre you need depends on your age and gender. Most health experts recommend the following:

**Women** Under 51 years old: 25 grams/day. 51 years old or over: 21 grams/day

**Men** Under 51 years old: 38 grams/day. 51 years old or over: 30 grams/day

## HIGH FIBRE FOODS

### VEGETABLES

Broccoli (1 cup) - 5 g  
Brussels spouts (1 cup) - 4 g  
Green peas (1 cup) - 7 g  
Cabbage (1 cup) - 4 g  
Sweet potato (1 cup) - 6 g  
Cauliflower (1 cup) - 2 g  
Pumpkin (1 cup canned) - 7 g  
Carrots (1 cup cooked) - 4.8 g  
Asparagus (1 cup) - 3 g  
Corn (1 cup) - 4.2 g  
Potato (1 med w/skin) - 4 g

### FRUITS

Raspberries (1 cup) - 7 g  
Pear (1 med) - 5.5 g  
Apple (1 med w/skin) - 4.5 g  
Orange (1 med) - 3 g  
Banana (1 med) - 3 g  
Blueberries (1 cup) - 3.6 g  
Strawberries (1 cup) - 3 g  
Avocado (1/3 med) - 3 g

### WHOLE GRAINS

Brown rice (1 cup) - 3.5 g  
Quinoa (1 cup) - 5 g  
Barley (1 cup) - 6 g  
Oatmeal (1 cup) - 5 g  
Air-popped popcorn (3 cups) -  
3.5 g

### BEANS & LEGUMES

Split peas (1/2 cup) - 8 g  
Lentils (1/2 cup) - 8 g  
Black Beans (1/2 cup) - 10 g  
Chickpeas (1/2 cup) - 6 g  
Kidney beans (1/2 cup) - 6 g

### NUTS & SEEDS

Chia seeds (2 tbsp) - 10 g  
Pumpkin seeds (1 oz) - 5.2 g  
Almonds (1 oz) - 3.5 g  
Sunflower seeds (1 oz) - 3 g  
Pistachios (1 oz) - 3 g  
Flax seed (1 tbsp) - 2.8 g

Eating a diet rich in plant foods like fruits and veggies makes it easy to hit your daily fibre goal. Here's an example:

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Dinner</b>
1 cup oatmeal - 5 g 1/2 cup raspberries - 3.5 g 1 tbsp flax seed - 2.8 g	1 oz almonds - 3.5 g	Lentil soup - 12 g	Salmon filet - 0 g 1 med sweet potato - 6 g 1 cup roasted broccoli - 5 g
11.3 g	3.5 g	12g +	11 g = 37.8 g total





# FITTING IN MORE FIBRE

*Top tips*

- 1 **Eat more fruits and veggies.** They're high in fibre and loaded with vitamins and minerals. Aim for 5-9 servings of fruits and veggies a day.
- 2 **Choose whole grains.** Refined grains like white rice are stripped of fibre and nutrients. So opt for whole grains like brown rice, wild rice, or quinoa instead.
- 3 **Lean on legumes.** Beans and legumes are loaded with fibre and an excellent source of protein. Adding more to your diet is an easy way to fill up on fibre.
- 4 **Eat the peel.** The skin of fruits and veggies is rich in fibre and antioxidants. So for apples, pears, potatoes, and carrots, put away the peeler and try eating the skin.
- 5 **Snack smart.** Ditch chips in favor of fibre-rich snacks like fruit, raw veggies with hummus, nuts, or seeds.
- 6 **Increase fibre slowly.** Your gut bacteria need time to adjust to the change. Adding too much fibre too fast could lead to gas or bloating. So increase slowly, by 2-3 g per day. (EX. If you got 15 g yesterday, aim for 18 tomorrow, etc)
- 7 **Drink plenty of water.** Fibre absorbs water. So when you up your fibre intake, you'll want to drink more water. This will help the fibre move through your digestive tract better and prevent constipation.