

Tips for High-fibre Eating

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What is fibre?

- Fibre is the part of a plant that your body cannot digest (break down). It is found in:
 - › Whole grain breads and cereals
 - › Pulses (dried beans, lentils, and chickpeas)
 - › Fruits
 - › Vegetables
 - › Legumes
 - › Nuts
 - › Seeds
- Getting enough fibre is important for regular bowel movements (pooping) and can help with other health conditions.

There are 2 types of fibre: soluble and insoluble.

- Soluble fibre can help you:
 - › Lower your cholesterol
 - › Control your blood sugar levels
 - › Thicken your stools (poop)
- Insoluble fibre can:
 - › Help you control constipation (not being able to poop)
 - › Help you feel full longer

Foods usually have both types of fibre.

Soluble fibre

- Soluble fibre is in foods like:
 - › Oats, oat bran, barley, and rye
 - › Ground flax seeds
 - › All-Bran Buds®
 - › Pulses
 - › Vegetables (like avocados, broccoli, brussels sprouts, carrots, cauliflower, green beans, green peas, and squash)
 - › Fruits (without the skin)
 - › Powdered fibre supplements (like Metamucil®, Benefiber®)

Insoluble fibre

- Insoluble fibre is in foods like:
 - › Brown rice
 - › Celery and corn
 - › Fruit skins
 - › Raw vegetables
 - › Nuts and seeds
 - › Popcorn
 - › Potato skins
 - › Wheat, rye, barley
 - › Wheat bran, corn bran
 - › Whole or ground flax seeds

Tips for high-fibre eating

- Eat more fibre slowly, over time.
- Drink 6 to 8 glasses (1.5 to 2 L) of caffeine-free drinks a day.
- Eat lots of fruits and vegetables as recommended in Canada's Food Guide.
- Learn more about fibre and nutrition, and read Canada's Food Guide:
 - › <http://food-guide.canada.ca>
- Choose whole grain, whole wheat, and bran products more often.
- Eat more pulses.
- Read food labels to choose foods with more fibre.
- To learn how to choose foods higher in fibre and how to read a food label, see pamphlet 1887, *Heart Healthy Eating Guide*:
 - › www.nshealth.ca/patient-education-resources/1887

How do I eat more fibre?

Grain products

- Eat whole wheat or whole-grain bread, pasta, and cereals.
- Choose brown rice instead of white rice. You can also add brown rice or quinoa to your white rice.

- Try whole grains, like:
 - › Quinoa
 - › Bulgur wheat
 - › Barley
- Eat cereals with at least 4 grams of fibre per serving, like grain and bran cereals.
- Put natural bran, oat bran, and bran cereal in, or on top of:
 - › Cooked or ready-to-eat cereal
 - › Yogurt
 - › Ground beef
 - › Applesauce
 - › Casseroles
- Bake muffins, cookies, and breads with whole-grain flours.

Fruits and vegetables

- Try to fill half your plate with fruits and vegetables at each meal.
- Choose whole fruits instead of fruit juice more often.
- Eat raw vegetables and fruits for snacks.
- Try fruits for dessert.
- Eat the skin on fruits and vegetables (like potato skins or apple peels).
- Add grated carrots, chopped broccoli, or cooked green peas to salads, stir-fries, casseroles, rice, or noodles.
- Try spinach or cabbage instead of lettuce in salads.

- Add dried fruits to cereals and baked goods.

Protein foods

- Replace meat with pulses more often, or replace half of the meat in a recipe with pulses.
- Add pulses to salads and casseroles.
- Sprinkle seeds on salads, sandwich fillings, yogurt, or cereals.
- Roast soybeans (edamame) or chickpeas for a snack.
- Try snacking on $\frac{1}{4}$ cup of nuts or add nuts to salads or cereals.
- Have bean dip or hummus with crackers and chopped vegetables.

Use these examples to help plan your meals.

Sample meal plan	Low-fibre (in grams)	High-fibre (in grams)
Breakfast	<ul style="list-style-type: none"> • Kellogg's Rice Krispies® (1 cup) = 0.3 • Milk ($\frac{1}{2}$ cup) = 0 • Apple juice ($\frac{1}{2}$ cup) = 0.1 	<ul style="list-style-type: none"> • Post® Bran Flakes (1 cup) = 7.4 • Milk ($\frac{1}{2}$ cup) = 0 • Banana = 2.1

Sample meal plan	Low-fibre (in grams)	High-fibre (in grams)
Snack	<ul style="list-style-type: none"> • Yogurt (½ cup) = 0 	<ul style="list-style-type: none"> • Yogurt (½ cup) with strawberries (7) = 4
Lunch	<ul style="list-style-type: none"> • Turkey and cheese sandwich (white bread) = 1.6 	<ul style="list-style-type: none"> • Turkey and cheese sandwich (whole-wheat bread) = 4.8
Snack	<ul style="list-style-type: none"> • Grapes (20) = 1.5 • Cheddar cheese = 0 	<ul style="list-style-type: none"> • Apple = 2.6 • Natural peanut butter (2 Tbsp.) = 2.5
Supper	<ul style="list-style-type: none"> • Chicken breast (½ cup) = 0 • White rice (1 cup) = 0.8 • Boiled cauliflower (1 cup) = 3.6 	<ul style="list-style-type: none"> • Chicken breast (½ cup) = 0 • Brown rice (1 cup) = 3 • Boiled broccoli (1 cup) = 4
Snack	<ul style="list-style-type: none"> • Potato chips (1 small bag) = 1.6 	<ul style="list-style-type: none"> • Air popped popcorn (3 cups) = 3.9
Total fibre	10.9 grams	35.7 grams

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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