Tips for High Fibre Eating
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What is fibre?
Fibre is found in plants we eat such as whole grains, fruit, vegetables, and pulses. Getting enough fibre is important for regular bowel movements and can help with other health conditions.

There are 2 types of fibre: soluble and insoluble. Soluble fibre can help lower cholesterol, control blood sugar levels, and thicken stools. Insoluble fibre helps control constipation and helps you feel full longer. Foods usually have both types of fibre.

Soluble fibre is in foods like:
› oats, oat bran, barley, rye
› ground flax seeds
› All-Bran Buds®
› pulses (beans, peas, lentils)
› vegetables such as avocados, broccoli, brussels sprouts, carrots, cauliflower, green beans, green peas, and squash
› fruit without the skin
› powdered fibre supplements (e.g. Metamucil®, Benefibre®)
Insoluble fibre is in foods like:
› brown rice
› celery and corn
› fruit skins
› nuts and seeds
› popcorn
› potato skins
› wheat, rye, barley
› wheat bran, corn bran
› whole or ground flax seeds

Tips for high fibre eating
1. Increase the fibre in your diet slowly.
2. Drink 6-8 glasses (1.5-2 litres) of caffeine-free drinks daily.
3. Have plenty of vegetables and fruits as recommended in Canada’s Food Guide.
4. Choose whole grain, whole wheat, and bran products.
5. Eat more pulses (beans, peas, and lentils).
6. Read food labels to choose foods with more fibre.
How to increase your fibre intake

Grain products

- Eat whole wheat or whole grain bread, pasta, and cereals.
- Choose brown rice instead of white rice.
- Try whole grains such as quinoa, barley, and bulgur wheat.
- Eat cereals with at least 4 grams of fibre per serving, such as whole grain and bran cereals. Read and compare food labels.
- Sprinkle natural bran, oat bran, and bran cereal on cooked or ready-to-eat cereals, applesauce and yogurt, or add to ground beef, casseroles, or other baked items.
- Bake muffins, cookies and breads with whole grain flours.

What are your questions?
Please ask. We are here to help you.
Vegetables and fruit
- Aim for half your plate to be fruit and vegetables at each meal.
- Choose whole fruit instead of fruit juice.
- Snack on raw vegetables and fruit.
- Try fruit for dessert.
- Eat the skin on fruit and vegetables (such as 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 fruit to cereals and baked goods.

Meat and alternatives
- Replace meat with pulses (beans, peas, lentils) more often.
- 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 a ¼ cup of nuts or add nuts to salads or cereals.
- Have bean dip or hummus with crackers and chopped vegetables.
<table>
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<th>Sample meal plan</th>
<th>Low fibre (in grams)</th>
<th>High fibre (in grams)</th>
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| **Breakfast**    | • Kellogg’s Rice Krispies® (1 cup)=0.3  
                   • Milk (½ cup)=0  
                   • Apple juice (½ cup)=0.1  | • Post® Bran Flakes (1 cup)=7.4  
                                • Milk (½ cup)=0  
                                • Banana=2.1 |
| **Snack**        | • Yogurt (½ cup)=0  | • Yogurt (½ cup) with strawberries (7)=4 |
| **Lunch**        | • Turkey and cheese sandwich (white bread)=1.6  | • Turkey and cheese sandwich (whole wheat bread)=4.8 |
| **Snack**        | • Grapes (20)=1.5  
                   • Cheddar cheese=0  | • Apple=2.6  
                                • Natural peanut butter (2 Tbsp.)=2.5 |
| **Supper**       | • Chicken breast (½ cup)=0  
                   • White rice (1 cup)=0.8  
                   • Boiled cauliflower (1 cup)=3.6  | • Chicken breast (½ cup)=0  
                                • Brown rice (1 cup)=3  
                                • Boiled broccoli (1 cup)=4 |
| **Snack**        | • Potato chips (1 small bag)=1.6  | • Air popped popcorn (3 cups)=3.9 |
| **Total fibre:** | **10.9 grams**  | **35.7 grams** |
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www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.