

Focus on Fibre



What is fibre?

Dietary fibre (roughage or bulk) is the part of plant-based foods that pass through your body without being digested.

Fibre can be found in:



Vegetables and fruits



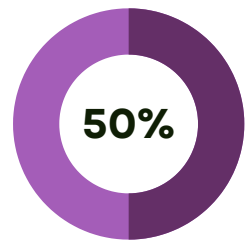
Legumes (beans, peas)



Whole grains (bread, oats)



Nuts and seeds



Most Canadians only get **half of the amount** of fibre they need.

What are the benefits?



Supports healthy bowel movements



Helps with weight management



Controls sugars and fats in the blood



Prevents heart disease and some cancers

How much do you need each day?

Children

- **1-3 years:** 19 grams
- **4-8 years:** 25 grams

Men

- **9-13 years:** 31 grams
- **14-50 years:** 38 grams
- **≥ 51 years:** 30 grams

Women

- **9-18 years:** 26 grams
- **19-50 years:** 25 grams
- **≥ 51 years:** 21 grams

Special Cases

- **Pregnant:** 28 grams
- **Breast- or chest-feeding:** 29 grams

How can you add fibre at meals?

Breakfast

Top your yogurt with:

- 1 cup of raspberries (8 grams)
- 1 tbsp of flaxseeds (3 grams)

Lunch

Make a sandwich with:

- 2 slices of rye bread (2.8 grams)
- 1/2 of an avocado (6.7 grams)

Dinner

Flavour your stir fry with:

- 3/4 cup of chickpeas (5.5 grams)
- 1 cup of corn (3.4 grams)

Snack

Enjoy hummus with:

- 1 whole wheat pita (2.4 grams)
- 1 cup of carrot sticks (3.5 grams)

To learn more about food sources of fibre [click here](#).