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



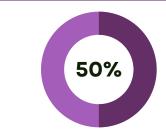
Legumes (beans, peas)



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

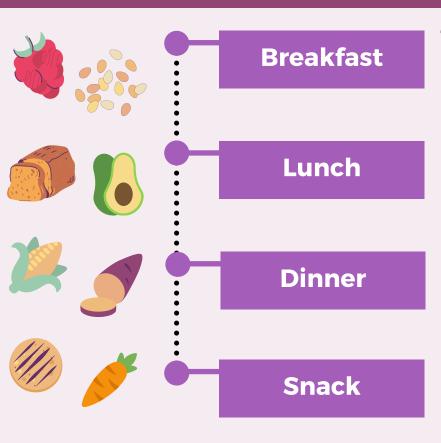
Special Cases

• Pregnant: 28 grams

• Breast- or chest-feeding:

29 grams

How can you add fibre at meals?



Top your yogurt with:

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

Make a sandwich with:

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

Flavour your stir fry with:

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

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 <u>click here</u>.

Designed by **Rachael Donnelly**, MSc.

- 1. Barber, T. M., Kabisch, S., Pfeiffer, A. F., & Weickert, M. O. (2020). The health benefits of dietary fibre. *Nutrients*, 12(10), 3209. doi: 10.3390/nu12103209
- 2. Unlock Food. (2019). Getting more fibre. Retrieved from: https://www.unlockfood.ca/en/Articles/Fibre/Getting-more-fibre.aspx
- 3. Canadian Digestive Foundation. (n.d.) Recommended daily fibre intake.

 Retrieved from: https://cdhf.ca/health-lifestyle/recommended-daily-fibre-intake/