

GET THE FACTS ON FIBRE

EATING A HIGH-FIBRE DIET IS IMPORTANT FOR GOOD HEALTH



Helps lower cholesterol



Keeps you feeling full and satisfied



Promotes regularity



Provides many more health benefits



HOW MUCH FIBRE DO I NEED?

Most adults need at least **25 grams** of fibre every day. You may need more depending on your age, gender and health condition.

WHAT FOODS CONTAIN FIBRE?

Grain Products

like cereals, breads, barley & quinoa



Fruits & Vegetables



Legumes

like dried peas, beans & lentils



Nuts & Seeds



Only plant foods contain fibre. Meat, poultry, fish and dairy products do not.

WHEN INCREASING YOUR FIBRE INTAKE:



Eat a variety of fibre containing foods throughout the day



Increase fibre intake slowly so your body can adjust to the change



Keep yourself well hydrated. Try to get at least 9 cups of fluid each day



Check the nutrition facts table and choose foods with the most fibre per serving

HOW TO GET MORE FIBRE

One of the easiest ways to get more fibre is to eat a very high fibre cereal every day. An example is **Kellogg's® All-Bran Buds®** cereal. Portion out a serving to use throughout the day to mix with your breakfast cereal, stir into yogurt or sprinkle on a salad.



GRAIN PRODUCTS

- ✓ Choose cereals that have "wheat bran" or a "whole grain" as the first ingredient
- ✓ Look for whole wheat or whole grain breads instead of white flour products
- ✓ Add some very high fibre cereal to batters for pancakes, quick breads and muffins
- ✓ Try brown rice, wheat berries, quinoa, bulgur or barley instead of white rice
- ✓ Use a very high fibre cereal in place of bread crumbs in burgers and in coatings for chicken and fish



FRUITS & VEGETABLES

- ✓ Eat unpeeled fruits and vegetables when possible
- ✓ Choose whole fruits and vegetables more often than juice
- ✓ Layer berries, yogurt and a very high fibre cereal for a new breakfast idea
- ✓ Add extra vegetables to pasta, curries, casseroles, and soups
- ✓ Top a salad with some very high fibre cereal, dried fruit or chopped nuts



LEGUMES

- ✓ Have more meatless dishes like baked beans and lentil soup
- ✓ Add canned beans to pasta sauce, soups, stews and casseroles
- ✓ Spread hummus on a sandwich or wrap, and use as a dip for raw vegetables
- ✓ Try a cold bean salad made with kidney beans and chickpeas
- ✓ Add edamame to salads and try it for a snack



NUTS & SEEDS

- ✓ Sprinkle a tablespoon of flaxseed or chia seeds on cereal, yogurt and salads
- ✓ Use peanut butter as a spread for toast and in sandwiches
- ✓ Have a small handful of nuts or sunflower seeds for a snack

This information is not intended to replace the advice of your health care provider.

Fibre amounts are from "Nutrient Value of Some Common Foods" published by Health Canada (healthcanada.gc.ca/cnf).

It's easy to get 25 grams of fibre a day!



1/3 cup All-Bran Buds® cereal	11 g
1/2 cup Brown Rice	2 g
1 tablespoon Flaxseed	3 g
1/2 cup Blueberries	2 g
1 Pear	5 g
1/2 cup Broccoli	2 g

Total = 25 grams

2 slices Whole Wheat Bread	4 g
1 Baked Potato	4 g
3/4 cup Chickpeas	6 g
1 Apple	3 g
1/2 cup Raspberries	4 g
1/2 cup Carrots	2 g
1/2 cup Green Beans	2 g

Total = 25 grams

For delicious recipes that can add extra fibre to your meals and snacks, visit:

allbran.ca  [/allbranca](https://www.pinterest.com/allbranca)



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