

Fabulous Fibre


What is Fibre?

Includes parts of plant foods that your body can't digest or absorb

Why is fibre important?

- ✓ Keeps bowels regular.
- ✓ May help keep you full longer.
- ✓ Helps with weight and blood sugar control.

How do you get enough?

- ✓ Enjoy more fruit & vegetables. One fruit has about 2 g/fibre.
- ✓ Read labels. Choose breads that have 2 grams or more of fibre.
- ✓ Enjoy daal, beans, and chickpeas at least once per week.
- ✓ Choose cereal that have 2 or more grams, e.g. dalia and whole grain ring/circle  cereal

How much to eat?

- ✓ 25-35 grams per day from variety of sources.
- ✓ Increase slowly and have plenty of water.



For more information visit www.fraserhealth.ca/sahi or email at SouthAsianHealth@fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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To order: patienteduc.fraserhealth.ca

Fabulous Fibre - *continued*

Food Sources of Fibre		
Food	Serving	Fibre (grams)
Kidney beans (cooked)	¾ cup	8
Soy nuts (roasted)	¾ cup	7
Chickpeas, lentils (cooked)	¾ cup	5-6
Pear (with skin)	1 medium	5
Bran flake cereal*	¾ cup	5
Green peas (cooked)	½ cup	6
Almonds	¼ cup	4
Psyllium husk (Isabgol)	1 tsp	4
Blackberries or Raspberries	½ cup	4
Sweet potato (with skin)	1 medium	3.8
Orange	1 medium	3.6
Potato (with or without skin)	1 medium	3.5
Strawberries	1 cup	3.4
Kiwi fruit	1 large	3
Peanut butter (natural)	2 Tbsp	3
Peanuts (dry, roasted)	¼ cup	3
Apple (with skin)	1 medium	2.6
Whole grain bread	1 slice	2 to 3
Rapini/Saag/Spinach (cooked)	½ cup	2.4
Spinach (cooked)	½ cup	2.4
Broccoli (cooked)	½ cup	2 to 2.3
Carrot	½ cup	2.2
Blueberries (raw)	½ cup	2
Brown rice or barley (cooked)	½ cup	2
Flax seeds (ground)	1 tsp	2
Corn (cooked)	½ cup	2
Dates (dried)	3 dates	2
Whole wheat spaghetti (cooked)*	½ cup	2
Banana	1 medium	2.1
Cherries	10	1.6
Peach (fresh with skin)	1 medium	1.7
Tomato (raw)	½ cup	1.4
Cantaloupe	¼ melon	1

* Check the label to confirm the amount

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