

Getting the Facts on Fibre

Fibre is found in:

- fruits and vegetables
- whole grains
- nuts, seeds
- legumes like kidney beans, chickpeas and lentils



There are 2 types of fibre – soluble and insoluble. Most fibre-containing foods have both types of fibre. Soluble fibre soaks up water and cholesterol making soft stool, insoluble fibre adds bulk to stool and cleans out the intestines.

Fibre helps to:

- ✓ lower cholesterol and the risk of heart disease
- ✓ control blood sugar levels and lower the risk of diabetes
- ✓ keep the good bacteria in our bowels healthy
- ✓ keep our bowels regular and prevent constipation
- ✓ reduce the risk of some cancers
- ✓ manage Irritable Bowel Syndrome (I.B.S.)
- ✓ keep you feeling fuller for longer
- ✓ maintain a healthy body weight

Label reading:

Check the Nutrition Facts Table to find foods with the most fibre. Aim for 4 grams or more of fibre per serving of grain products.

How to add fibre to your diet

- At lunch and dinner, fill half your plate with vegetables and some fruit. Eat the skins of both where ever possible. Avoid fruit juice.
- Include whole grains at each meal. Examples of whole grains:
 - quinoa
 - whole wheat pasta
 - oatmeal and whole grain breakfast cereals
 - whole grain breads and crackers
- Add beans and lentils to salads, soups, and stews.
- Snack on unsalted nuts and seeds, or add them to your breakfast or salads.
- Replace some or all white flour with whole-wheat or whole grain flour when baking.



Note: 'Multigrain' does not mean the food is high in fibre so check the ingredient list to see if the word whole grain is listed.

Tips when eating more fibre

- Gradually increase the fibre in your diet to avoid gas or bloating.
- Increase how much fluid you drink as you eat more fibre. Most of this should be from plain water.

How much is enough?

Adults should have 30 grams or more of fibre each day or 10 grams per meal.

Food sources of fibre

1 Cup = 250mL
1 Tablespoon = 15mL

Food	Serving Size	Fibre (grams)
More than 6 grams of fibre per serving		
Soybean kernels, roasted	1/2 cup	15
Black beans, cooked	3/4 cup	10
Kidney beans, cooked	3/4 cup	8
4 to 6 grams of fibre per serving		
Green peas, cooked	1/2 cup	5.5
Garbanzo beans (chickpeas), lentils, cooked	3/4 cup	5 to 6
Pear, with skin	1 medium	5
Sprouted whole grain bread	1 slice	Up to 6
Whole grain hot/cold cereals, oat bran, steel cut oats	1 cup	4 to 6
Avocado	1/2 medium	4 to 6
Dates, mejool	3 pieces	5
Apricots, dried halves	1/2 cup	4.5
Chia Seeds	1 tablespoon	4
Almonds	1/4 cup	4
Edamame (green soy beans),	1/2 cup	4
Apple with skin	1 medium	4
Blackberry, raspberry	1/2 cup	4
Split peas, cooked	3/4 cup	4
Psyllium husk, whole	1 tablespoon	4
Up to 4 grams of fibre per serving		
Hummus	1/4 cup	3.5
Potato, with or without skin	1 medium	3.5
Mango	1 medium	3
Sunflower seeds, peanuts	1/4 cup	3
Orange	1 medium	3
Brussels sprouts, kale, Swiss chard	1/2 cup	3
Stewed rhubarb, mixed vegetables or parsnips, cooked	1/2 cup	2.5
Kiwifruit	1 large	2.5
Oatmeal, cooked	3/4 cup	2.5
Popcorn, popped	2 cups	2.5
Peanut butter, almond butter	2 tablespoons	2.5
Whole grain bread	1 slice	2 to 3
Whole wheat pasta	1/2 cup	2.5
Pumpkin seeds	1/4 cup	2
Corn, carrot, or broccoli, cooked	1/2 cup	2
Banana	1 medium	2
Brown rice, barley, cooked	1/2 cup	2 to 3
Flax seeds, ground	1 tablespoon	2
Snap peas, raw	1/2 cup	2

Read the Nutrition Label on packaged foods to show you how much fibre you are getting in each serving.

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