

Increasing Your Fibre Intake

Adapted for the Latin/Hispanic Community

There are two different kinds of fibre found in foods, each with different health benefits. Most foods with fibre contain a mixture of both soluble and insoluble fibre.

- | Soluble fibre is found in vegetables like sweet potato and asparagus, fruit like avocado and oranges, and other foods like flaxseeds, whole grains and legumes (beans, peas and lentils). It can help to lower blood cholesterol and control blood glucose (sugar) levels.
- | Insoluble fibre is found in vegetables and fruit (especially the skin), and in whole grains, wheat bran, legumes (beans, peas and lentils), nuts and seeds. It can help keep your bowels regular to prevent constipation and may protect against colon cancer.

Eat a variety of foods to get enough of both types of fibre. A healthy diet should include 25-38 grams of fibre a day.

Increase the fibre in your diet slowly to avoid gas, bloating and diarrhea. Divide fibre-containing foods evenly throughout the day at both meals and snacks. Aim to drink 2.2 L to 3 L (9 to 12 cups) of fluid each day.



Steps you can take

- | Eat at least 6 servings of whole grain products every day.
- | Choose whole grain whole wheat flour or whole grain corn flour to make tortillas, arepas and corn bread.
- | Choose brown rice instead of white rice and whole grain whole wheat pasta instead of white pasta.
- | Add ground flax seeds or wheat bran to corn meal dough, tortilla or arepa dough or to beans. Sprinkle them on cereal and on oat

and barley beverages.

- | Eat at least 7 servings of vegetables and fruit every day (papaya, dragon fruit, banana and guava).
- | Eat the peels of your vegetables and fruits whenever possible. For example, do not peel apples, pears, cucumbers, or eggplant.
- | Try having fruit as a snack or as a dessert.
- | Eat fruit instead of drinking juice.
- | Serve lentils, chickpeas, dry green peas, beans, black-eyed peas, and soybeans often. Add barley, beans, peas or lentils to soups and casseroles. For example, add black beans or pinto beans to spaghetti sauce or add lentils to soup.
- | Add toasted nuts, sesame seeds, sunflower or pumpkin seeds to salads.
- | Compare food labels to find out which products are highest in fibre. High-fibre foods have more than four grams of fibre per serving.



Notes

Distributed by:

