

# Get the Facts on Fibre!

Fibre is a type of carbohydrate that is found in foods that come from plants. It does not get digested or absorbed by the body and therefore it does not increase blood sugar like other forms of carbohydrates. Including high fibre foods in meals and snacks can help slow the rate of digestion and lower the impact of carbohydrates on your blood sugar after a meal. Fibre can also help fill you up and keep you full longer which helps you from being overly hungry between meals.

## There are two types of fibre:

### Soluble Fibre

Dissolves in water to form a gel-like material that helps fill you up, lower blood sugar response and moves stool to prevent constipation. **Sources:**



### Insoluble Fibre

Does not dissolve in water but adds bulk in your digestive tract which helps move your stools and has many benefits for your gut. **Sources:**



It is recommended to include both soluble and insoluble fibre in your diet.

## How much fibre is enough?



**19 to 50 years**  
= 25g per day  
**>51 years**  
= 21g per day



**19 to 50 years**  
= 38g per day  
**>51 years**  
= 30g per day

## Some examples



medium pear = 5g



1 slice whole wheat bread = 2g



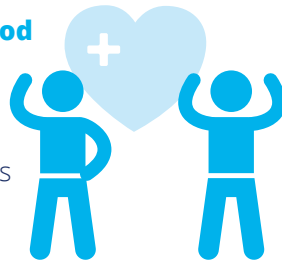
3/4 cup black beans = 11g

For a list of common foods and their fibre content [click here](#).

## The benefits of fibre

Along with helping to manage blood sugar, dietary fibre can help:

- reduce constipation & diarrhea
- lower cholesterol
- lower risk of developing some cancers
- decrease risk of heart disease
- make you feel fuller longer



## Sources of fibre to add to meals and snacks

There are a variety of foods that have fibre and are easy to include in your diet. Some examples of fibre-rich foods include:

**Legumes:** kidney beans, black beans, lentils, mung beans

**Vegetables and fruits:** cauliflower, spinach, cabbage, okra, bok choy, berries, melon

**Grains:** oats, barley, brown rice, quinoa, whole grain bread

**Nuts & Seeds:** peanuts, almonds, walnuts, pumpkin seeds, nut butters

## Start low and slow

The key to adding fibre is start by adding small amounts gradually over time. Too much too soon can have digestive side effects. Remember to increase your water intake alongside your fibre intake.

### Some tips to help increase fibre in your diet:

- Use food labels to see fibre content in the food you eat
- Include beans and lentils regularly in your meals
- Choose whole grains more often
- Aim for half your plate to be non-starchy vegetables
- Add small amounts of nuts to meals and snacks

