

Dietary fibre

Dietary fibre is the part of plant foods that does not fully digest. This means it passes through your stomach and bowel without much change. Eating a range of high fibre foods is good for you.

Health benefits



Diabetes and heart health

- ✓ Reduces your chance of developing type 2 diabetes and heart disease
- ✓ Improves your blood glucose levels if you have diabetes
- ✓ Reduces your unhealthy cholesterol level, especially if you eat soluble fibre






Body weight

- ✓ Improves your appetite control by making you feel more full after eating



Bowel health





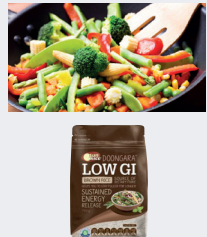

- ✓ Reduces your risk of diverticular disease, haemorrhoids and bowel cancer
- ✓ Improves your bowel health in different ways:
 - **Soluble fibre** absorbs water, slows digestion and softens your bowel motion
 - **Insoluble fibre** adds bulk and helps push your bowel motion through the bowel
 - **Resistant starch** feeds good bacteria that live in your bowel

Fibre types	You could:	Food
Soluble fibre <ul style="list-style-type: none"> • Oats • Psyllium husk • Seeds • Lentils and legumes • Barley • Vegetable and fruit flesh 	<ul style="list-style-type: none"> ✓ Choose porridge or Oat Brits for breakfast ✓ Add psyllium or chia seeds to a smoothie ✓ Mix lentils with minced meat ✓ Add barley to soup ✓ Eat 5 serves of vegetables and 2 serves of fruit each day 	
Insoluble fibre <ul style="list-style-type: none"> • Wholegrain flour and bread • Wholegrain cereals and grains • Wheat bran and rice bran • Nuts • Vegetable and fruit skin 	<ul style="list-style-type: none"> ✓ Choose multigrain bread ✓ Swap cornflakes for All-Bran ✓ Add rice bran to a bread or muffin recipe ✓ Snack on 15 almonds ✓ Eat the skin on vegetables and fruit 	
Resistant starch <ul style="list-style-type: none"> • Lightly ripe banana • Cooked and cooled pasta, rice or potato • Chickpea • Freekeh • Products with added Hi-Maize or Barley+ 	<ul style="list-style-type: none"> ✓ Snack on a banana ✓ Prepare a pasta, rice or potato salad ✓ Eat hummus dip ✓ Cook freekeh instead of cous cous ✓ Try a Freedom Foods Barley+ wrap or Barley+ muesli 	

Dietary fibre

Finding Fibre

You should eat at least 25 grams of dietary fibre each day if you are a woman or at least 30 grams of dietary fibre each day if you are a man. Sources of fibre are in **bold blue font**.

Breakfast	Snack	Lunch	Snack	Dinner	Snack
12 grams	+ 3 grams	+ 9 grams	+ 2 grams	+ 8 grams	+ 3 grams
					
½ cup All-Bran cereal , milk	1 banana	2 cups salad vegetables , ½ cup 4-bean mix , canned tuna	30g almonds	2 cups stir-fry vegetables , beef strips, 1 cup cooked brown rice	½ punnet strawberries , yoghurt
= 37 grams of dietary fibre					

Nutrition Information Panel

Serving Size: 45g (½ cup)

	Per Serve	Per 100g
Energy	620kJ	1380kJ
Protein	6.3g	13.9g
Fat, Total	1.2g	2.7g
– Saturated	0.2g	0.5g
Carbohydrate Total	21.7g	48.3g
– Sugars	7.5g	16.7g
Dietary Fibre	12.6g	28g
– Insoluble	10.5g	23.3g
– Soluble	2.1g	4.7g
Sodium	162mg	360mg



You can check the fibre in food by reading the nutrition information panel.

This is most useful when choosing foods such as bread, cereal and crispbread.

Foods that are not a source of fibre such as yoghurt or canned fish do not need to be checked for dietary fibre.

Aim for more than 5g per 100g

✓ Fibre friendly tips

Drink at least 6 cups of water each day to help make bowel motions softer and easier to pass.

Increase your fibre intake gradually to avoid bloating, wind or constipation. Do this by adding one new high fibre food every 2-3 days.

If you make juice, use the whole fruit or vegetable including edible skins and seeds.

Ask your health professional if a fibre supplement such as Metamucil may help you.



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