

# 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 your health and wellbeing.

## Health benefits



### Diabetes and heart health

- ✓ Lowers 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 fuller after eating



### Bowel health

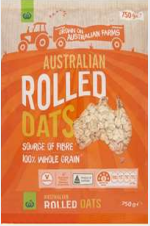



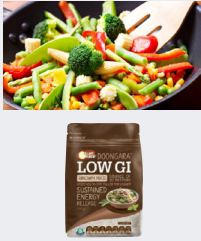

- ✓ Reduces your risk of diverticular disease, haemorrhoids and bowel cancer
- ✓ Improves your bowel health in different ways:
  - **Soluble fibre** absorbs water, slows digestion and softens your bowel motion
  - **Insoluble fibre** adds bulk and helps push your bowel motion through the bowel
  - **Resistant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

Fibre types	You could:	Food
<b>Soluble fibre</b> <ul style="list-style-type: none"> <li>• Oats</li> <li>• Psyllium husk</li> <li>• Seeds</li> <li>• Lentils and legumes</li> <li>• Barley</li> <li>• Vegetable and fruit flesh</li> <li>• Benefibre and Metamucil</li> </ul>	<ul style="list-style-type: none"> <li>✓ Choose porridge for breakfast</li> <li>✓ Add psyllium or chia seeds to a smoothie</li> <li>✓ Mix lentils with minced meat</li> <li>✓ When cooking home-made soups, add barley</li> <li>✓ Eat 5 serves of vegetables and 2 serves of fruit each day</li> </ul>	
<b>Insoluble fibre</b> <ul style="list-style-type: none"> <li>• Wholegrain flour and bread</li> <li>• Wholegrain cereals and grains</li> <li>• Wheat bran and rice bran</li> <li>• Nuts</li> <li>• Vegetable and fruit skin</li> </ul>	<ul style="list-style-type: none"> <li>✓ Choose multigrain bread</li> <li>✓ Swap cornflakes for All-Bran</li> <li>✓ Add rice bran to a bread or muffin recipe</li> <li>✓ Snack on 15 almonds</li> <li>✓ Eat the skin on vegetables and fruit</li> </ul>	
<b>Resistant starch</b> <ul style="list-style-type: none"> <li>• Lightly ripe banana</li> <li>• Cooked and cooled pasta, rice or potato</li> <li>• Chickpea</li> <li>• Freekeh</li> <li>• Products with added BARLEYmax</li> </ul>	<ul style="list-style-type: none"> <li>✓ Snack on a banana</li> <li>✓ Prepare a pasta, rice or potato salad</li> <li>✓ Eat hummus dip</li> <li>✓ Cook freekeh instead of cous cous</li> <li>✓ Try a Simsons Pantry Super Barley Wrap</li> </ul>	

# Dietary fibre

## Finding Fibre

You should eat at least 25 grams of dietary fibre each day if you are 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
9 grams	+ 2 grams	+ 9 grams	+ 3 grams	+ 10 grams	+ 3 grams
					
½ cup <b>rolled oats</b> with milk and ½ cup berries	1 <b>banana</b>	2 cups salad <b>vegetables</b> , ½ cup <b>4-bean mix</b> , canned tuna	30g <b>almonds</b>	1.5 cups stir-fry <b>vegetables</b> , beef strips, 1 cup cooked <b>brown rice</b>	½ punnet <b>strawberries</b> , yoghurt
<b>= 37 grams of dietary fibre</b>					

## Nutrition Information Panel

Serving Size: 45g (½ cup)

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

