

Fun Facts on Fibre

Fibre is found naturally in many foods like whole grains, fruits, and vegetables. Fibre helps reduce the risk of heart disease and helps with the management of high blood pressure.

Fibre helps reduce total cholesterol and LDL-C (or the lousy cholesterol) which reduces your risk of plaque building up and hardening in your arteries.

Individuals with high cholesterol benefit from a dietary fibre intake of 25-38 g of fibre per day.

Types of Fibre:

1. Soluble fibre forms a gel in our intestines which binds to fatty acids and helps reduce LDL-C. Soluble fibre also helps decrease the amount of cholesterol produced by our liver, slows down absorption of nutrients and helps you feel full.
 - a. E.g., oats, barley, psyllium, oranges, dried beans, and lentils
2. Insoluble fibre: Promotes regular bowel movements and helps prevent constipation.
 - a. E.g., wheat bran, whole grains, and some vegetables

Most foods contain a combination of both soluble and insoluble fibre.



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Some tips to get you started in increasing your fibre intake:

- Choose [whole grains](#) like whole grain bread and pasta, brown rice, quinoa, and barley in place of refined grains like white bread, pasta, and rice.
- Fill half of your plate at lunch and dinner with different coloured vegetables.
- Add ground flax, wheat bran, wheat germ or psyllium seed husk to your cereal, yogurt, and baked goods.
- Include beans and lentils in your dietary intake twice per week.

More Resources on [fibre](#):

- ▶ [Foods with Fibre](#)
- ▶ [Fill Up on Fibre: Meal and Snack Ideas](#)

References:

Dietitians of Canada. Food Sources of Soluble Fibre. Practice-based Evidence in Nutrition® [PEN] Knowledge Pathway Cardiovascular Disease. 2016-06-10 [cited 2021 June 30]. Available from: <http://www.pennutrition.com>. Access only by subscription. Click [Sign Up](#) on PEN login page.

