

Nutrition Basics: Fibre

Quick facts:

- Fibre is a partially indigestible portion of plant-based foods with many health benefits.
- There are two types of fibre, soluble and insoluble.
- Soluble fibre is soluble in water and may help to reduce cholesterol and control blood sugar levels.
- Insoluble fibre helps to keep your digestive system healthy and helps prevent constipation by adding bulk to stool.
- A high-fibre eating plan can lower your risk for heart disease and help to keep your digestive system healthy.
- Females should aim to consume 22–28 grams of fibre per day.
- Males should aim for 28–38 grams of fibre per day.

Soluble fibre is found in oatmeal, oat bran, nuts, seeds, legumes, beans, dried peas, lentils, apples, pears, strawberries, blueberries and many other fruits, vegetables and grains!

Insoluble fibre is found in whole grain and whole wheat bread, barley, couscous, brown rice, wild rice, bulgur, whole grain cereals, wheat bran, seeds, carrots, cucumbers, zucchini, broccoli, celery and many more fruits, vegetables and whole grains!

To better meet your nutrient needs, a recommended range of carbohydrates is 45% to 65% of your total daily calories.

Aim to include whole grains as 1/4 of your plate. with breakfast, lunch and dinner. Choose legumes, such as beans, lentils and chickpeas, which provide you with complex carbohydrates, as well as protein, more often than animal-based protein sources on your plate. Ensure that most of the carbohydrates on your plate comes from cooked or raw vegetables, in addition to some fruit which will provide you with additional antioxidants, besides plenty of soluble and insoluble fibre. An example would be 1/2 cup cooked rolled oats with breakfast, a grain-based salad with 1/3 cup quinoa, 1/2 cup beans and plenty of raw veggies and for dinner a chicken stir fry with 1/2 cup wild rice with 1 cup cooked veggies and 1 cup of a side salad.