

# Fibre

---

## What's the best way to increase the fibre with what I eat?

### Grains/Flour

- Start your day with a cereal or bread product that contains at least 4 grams of fibre per serving. If your favourite cereal is less than 2 grams, add a scoop of high fibre cereal to it.
- Add natural wheat bran, wheat germ or ground flax seed when making hot cereals or baked goods. These can also be added to yogurt or your favourite cereal.
- Replace  $\frac{1}{2}$  of the amount of all purpose flour with whole wheat flour in your favourite recipes. For example, if a recipe calls for  $1\frac{1}{2}$  cups all purpose flour, use  $\frac{3}{4}$  cup whole wheat and  $\frac{3}{4}$  cup all purpose flour.
- Choose whole grain breads (such as pita, bagel, english muffin, tortilla, wrap, bun), cereals, pastas and brown rice.
- Try using grains such as whole wheat couscous, barley, bulgar, quinoa and kasha in salads, soups, chili and casseroles.

### Vegetables and Fruits

- Eat at least 5 servings of vegetables and fruits each day.
- Try snacking on a variety of raw vegetables and fruits instead of juice. For even more fibre, serve vegetables with a bean dip such as hummus.
- When eating fruit and vegetables, wash well and keep the skin on when possible.
- Add dried fruit to cereals or your favourite baked goods.

### Legumes

- Legumes can replace meat in many recipes. Try using legumes such as lentils, beans and peas in salads, soup or casseroles.

### Nuts and Seeds

- Add nuts and seeds to salads, cereals and yogurt.
- Eat them as a snack.

### Meat and Milk Products

- Do not naturally contain fibre. Choose yogurts with fruit and grains added.

## Sample Meal Plan

Meal	Low Fibre	Grams	High Fibre	Grams
<b>Breakfast</b>	Special K cereal, 1 cup	1	Raisin Bran cereal, 1 cup	6
	Milk, 1%, ½ cup	0	Milk, 1%, ½ cup	0
	Orange juice, 1 cup	0.6	Orange	2.3
	Yogurt, 100 g	0	Yogurt, 100 g	0
<b>Lunch</b>	Grilled cheese, white bread	1	Grilled cheese, whole grain bread	4
	Vegetable soup, 1 cup	3	Split pea soup, 1 cup	7
	Apple, with skin	2.6	Pear, with skin	5.1
<b>Snack</b>	Nutri Grain bar	2	Kasha granola bar	4
<b>Dinner</b>	Chicken, 100 g	0	Chicken, 100 g	0
	Rice, white, 1 cup	0.9	Rice, brown, 1 cup	3.5
	Beans, green, ½ cup	1.6	Peas, green, ½ cup	4.4
	Ice cream, vanilla	0	Ice cream, vanilla	0
			Strawberries, sliced, 1 cup	3.3
<b>Snack</b>	Pretzel sticks, 50 g	1.5	Popcorn, 3 cups, 3 g	3.5
<b>Total</b>		<b>14.2</b>		<b>43.1</b>

Your body will need to adjust to more fibre in your diet. Drink 8 to 10 cups of fluids a day when increasing fibre in your diet.