

FACTS ON SOLUBLE FIBRE

What is fibre?

Dietary fibre is a substance our bodies cannot digest. Fibre is found naturally only in plant products. There are two types of fibre known as soluble and insoluble

- Insoluble fibre helps to keep your bowels regular.
- Soluble fibre has heart health benefits.

Why use soluble fibre in your diet?

- ♥ Helps to lower LDL (lousy/bad) blood cholesterol levels
- ♥ Helps to control blood sugar levels
- ♥ Delays stomach emptying and gives a feeling of being full longer to help control appetite

How do you use it?

- ♥ Enjoy oats or oat bran cereals for breakfast
- ♥ Mix cereals containing psyllium (e.g., All Bran Buds) with other cereals
- ♥ Add oats, oat bran, ground flaxseed, chia or cereals containing psyllium to bread mixes, pancakes, muffins, yogurt, smoothies, soups & casseroles
- ♥ Add barley to soups and casseroles or serve as a side dish in place of rice
- ♥ Use oats in place of breadcrumbs when making meatloaf or hamburgers
- ♥ Add unsalted peanuts, soybeans or avocado, berries or oranges to salads
- ♥ Add cooked navy or black beans to soups, chili and salads
- ♥ Mix cooked lentils with lean ground beef in recipes e.g. spaghetti meat sauce or Shepherd's pie
- ♥ Choose snacks such as: roasted soy nuts, edamame, unsalted peanuts, apples, oranges, pears, bean/avocado or hummus dips with vegetables
- ♥ Mix baked squash and carrots with mashed potatoes
- ♥ Consider a psyllium fibre supplement (e.g. Metamucil™, Prodiem™, Benefibre™, Fibresure™)

Other important information

Add fibre into your diet **gradually**, and spread the high fibre foods out over the day. This will help to avoid the gas or possible stomach discomfort that can come from increasing fibre intake too quickly.

You also need to increase your water or fluid intake when eat more fibre.

For more information or recipes of legumes (beans) visit the following web sites:

Canadian Lentils – www.lentils.org

Barley council of Canada – www.gobarley.com

Pulse Canada – www.pulsecanada.com

Ontario white beans producers – www.ontariobeans.on.ca

See back of page for sources of soluble fibre

How much?

The American Heart Association recommends 10 to 25 grams of soluble fibre per day to help lower your cholesterol. Here is a list of the soluble fibre content of some foods.

3.0 or more grams per serving		Grams	1.0 – 1.9 grams per serving (cont'd)		Grams
passion fruit, purple	1/2 cup	6.5	peach (with skin)	1 med	1.0 - 1.3
black beans, cooked	1/2 cup	3.6	blueberries	1/2 cup	0.9 - 1.3
lima beans, cooked	1/2 cup	3.5	green peas, cooked	1/2 cup	0.8 - 1.3
soy nuts, roasted	1/4 cup	3.5	collard greens, cooked	1/2 cup	1.3
			carrots, cooked	1/2 cup	1.1 - 1.2
			flax seed, whole	1 Tbsp	0.6 - 1.2
2.0 – 2.9 grams per serving		Grams	oat flakes	3/4 cup	1.1
All-Bran Buds™ (with psyllium)	1/3 cup	2.7	plums (with skin)	2	1.1
prunes	1/2 cup	2.4	prunes, dried	3	1.1
psyllium husks, ground	1 Tbsp	2.4	apricots, dried	1/4 cup	1.1
psyllium supplement, Metamucil™ (powder)	1 dose (as per package)	2.4	guava	1	1.1
psyllium supplement, Metamucil™ (wafers)	1 packet of 2	1.0 - 3.0			
oat bran, cooked	3/4 cup	2.2	hazelnuts	1/4 cup	1.1
navy beans, cooked	1/2 cup	2.2	mango	1/2	0.7 - 1.1
artichoke	1 globe	2.2	grapefruit	1/2	0.7 - 1.1
pinto beans, cooked	1/2 cup	2.1	potato, white (with skin)	1 small	1.1
avocado	1/2	2.1	Cheerios™	1 cup	1.0
chia seeds	1 Tbsp	1.4 - 2.1	apple (with skin)	1 med	1.0
Brussels sprouts, cooked	1/2 cup	2.0	green beans, cooked	1/2 cup	1.0
soy burger patty	85 gm	2.0	okra, cooked	1/2 cup	1.0
kidney beans, cooked	1/2 cup	1.7 - 2.0			
			Under 1.0 gram per serving		Grams
1.0 – 1.9 grams per serving		Grams	bread, rye	1 slice (30 gm)	0.5 - 0.9
figs, dried	1/4 cup	1.9	barley (pearl), cooked	1/2 cup	0.8
tofu, cooked	1/2 cup	1.9	beets, cooked	1/2 cup	0.8
orange	1 medium	1.8	cauliflower, cooked	1/2 cup	0.8
sweet potato (no skin), cooked	1/2 cup	1.8	banana	1 med	0.7
popcorn, popped	3 cups	1.8	peanuts	1/4 cup	0.6
quinoa, cooked	1/2 cup	1.7	quinoa seeds	1 Tbsp	0.6
turnip, cooked	1/2 cup	1.7	cabbage, raw	1 cup	0.5
asparagus, cooked	1/2 cup	1.7	tomato, raw	1/2 cup	0.5
brown beans, cooked	1/2 cup	1.7	strawberries	1/2 cup	0.5
flax seed, ground	2 Tbsp	1.2 - 1.6	blackberries	1/2 cup	0.5
soybeans, cooked	1/2 cup	1.5	lentils, cooked	1/2 cup	0.5
edamame (green soybeans), cooked	1/2 cup	1.5	brown rice, cooked	1/2 cup	0.5
broccoli, cooked	1/2 cup	1.2 - 1.5	pasta, whole wheat, cooked	1/2 cup	0.5
pear (with skin)	1 med	1.1 - 1.5	pasta, white, cooked	1/2 cup	0.5
oatmeal, cooked	3/4 cup	1.4	bread, whole wheat	1 slice (30 gm)	0.5
bran cereal (non-flake)	1/3 cup	1.4	almonds	1/4 cup	0.4
chickpeas, cooked	1/2 cup	1.4	sunflower seeds	1 Tbsp	0.3
apricots (with skin)	3	1.4	wheat germ	1 Tbsp	0.1
nectarine (with skin)	1 med	1.4	bread, white	1 slice (30 gm)	0.0
corn, cooked	1/2 cup	1.3	wild rice, cooked	1/2 cup	0.0
eggplant	1/2 cup	1.3			

References: Dietitians of Canada Practice, Practice-based Evidence in Nutrition (PEN), 2012, Bell Institute of Health and Nutrition, 2003 General Mills