

What else can you do to increase fibre?

- ✓ Read **Nutrition Facts** labels when shopping and choose foods with 5 grams fibre (or more) per serving. Women should aim for 21 - 25 grams fibre daily and men 30 - 38 grams fibre daily.
- ✓ Make half your plate vegetables - fresh, frozen or canned. Aim for 2 - 3 cups daily.
- ✓ Snack on fruits rather than drinking juice - fresh, frozen, canned or dried. Aim for 1½ - 2 cups daily.
- ✓ Use more dried peas and beans. Add them to rice, soups and stews, use as a side dish or in place of meat.
- ✓ Snack on nuts, any kind - but just a handful as they are high in fat.

When increasing fibre in your diet, it is best to start slowly. Large increases could cause uncomfortable gas and bloating.

It is also important to drink adequate amounts of water or other healthy beverages to help prevent discomfort.

Food	Serving size	Fibre content
Split peas, lentils, kidney beans etc	½ cup	8g
Oat bran, dry	½ cup	7g
Oat flakes, dry	½ cup	4g
Bran flakes	1 cup	7g
Brown rice, cooked	1 cup	4g
Whole wheat bread	1 slice	2g
Whole wheat flour	1 cup	13g
Dark rye flour	1 cup	30g
Oat & barley flour	1 cup	15g
Soy bean flour	1 cup	14g
Sweet potato	1 med	4g
Breadfruit	1 cup	11g
Broccoli	1 cup	5g
Spinach, cooked	1 cup	4g
Apple, orange	1 med	4g
Guava	1 cup	9g
Nuts & seeds	¼ cup	4g
Popcorn, plain	3 cups	4g

National Nutrition Centre
 Ministry of Health
 Tel: (246) 427 1693/4
 Email: nutrition.centre@barbados.gov.bb
 Website: nutritioncentre.health.gov.bb

2017

Nutrition Series

Prevent Constipation & Colorectal Cancer

Lower Blood Pressure, Blood Sugar & Cholesterol

Lose Weight

EAT MORE FIBRE



Community Nutrition Officer _____

Telephone _____

Eat More Fibre

Fibre is a type of carbohydrate that we cannot fully digest. It is found in whole grains, legumes, nuts, seeds, vegetables and fruits and has many health benefits.

There are 2 types of fibre:

- **Soluble fibre** slows the rate at which sugar enters the blood, which can help improve control of diabetes. It also reduces blood pressure and cholesterol.

Soluble fibre is found in oats and barley, all peas and beans, nuts and seeds, apples, okras and eggplant.

- **Insoluble fibre** helps keep the bowel healthy and prevents constipation. It also reduces the risk of colorectal cancer.

Insoluble fibre is found in whole wheat and brown rice, as well as vegetables and fruits.

- **All fibre** foods help you to feel full sooner so you may find that you eat less and lose weight more easily.

Tips on increasing daily fibre

Instead of this:	Try this:
White sandwich and salt bread	100% whole wheat, bran or multigrain bread
Plain crackers	Whole wheat, bran or multigrain crackers
Cream of wheat or corn flakes	Oats, bran flakes or other high fibre cereals
White rice or regular pasta	Brown rice, whole wheat or high fibre pasta
English potato	Breadfruit, cassava, sweet potato or yam
White flour	Whole wheat, oat & barley or multigrain flour for pancakes, bakes, dumplings etc

