



What About Fibre?

Most Canadians are only reaching half of the recommended amount of dietary fibre intake per day. Increasing your dietary fibre intake is easy and delicious, and has a lot of health benefits beyond regularity.



Let's take a closer look at dietary fibre and the important role it has in our daily diet.

BENEFITS OF DIETARY FIBRE

- Improves blood cholesterol levels and lowers risk of cardiovascular disease
- Helps regulate blood glucose levels after a meal which can help lower risk of diabetes
- Promotes satiety or fullness which can help maintain body weight and reduce risk factors of heart disease
- Feeds our gut bacteria which promotes good digestive health

What can happen when you hit your optimal dietary fibre intake? Research found that people who reach their optimal targets had:



17-31%

reduced risk of coronary heart failure¹



10-22%

reduced risk of type 2 diabetes¹



11-22%

reduced risk of colorectal cancer¹



reduced body weight, cholesterol and blood pressure¹

¹Reynolds et al., "Carbohydrate quality and human health: a series of systematic reviews and meta-analyses", The Lancet, 2019.

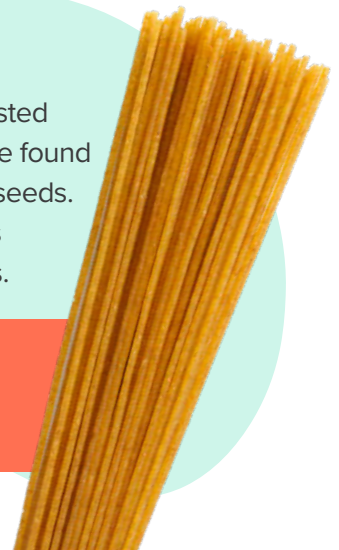
WHAT IS DIETARY FIBRE?

Dietary fibre comes from plant-based foods and are the parts of the plants that cannot be digested or absorbed by our gut. Dietary fibres are important in maintaining healthy digestion and can be found in a variety of foods such as fruits and vegetables, whole grains like wheat, legumes, nuts and seeds. These foods are broken down in the gut through a process called fermentation which provides energy for gut bacteria, helps people feel full so they eat less, and regulates blood sugar levels.

QUICK TIP



Aim to include 10g of dietary fibre with each meal to meet the optimal intake target.

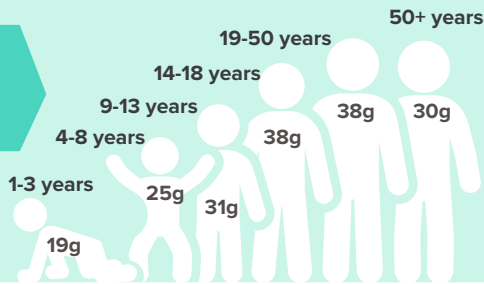


HOW MUCH DIETARY FIBRE DO YOU NEED?

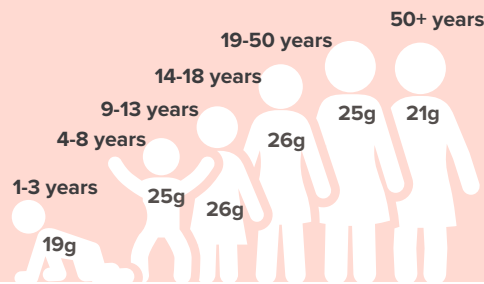
Fibre needs increase during and after pregnancy (pre- and post-natal)

Pregnant 28g
Breastfeeding 29g

MEN



WOMEN



EASY WAYS TO ADD MORE FIBRE

Having the right food on hand makes adding dietary fibre easy.

- Look for packaged foods labeled “high fibre”, which means it contains at least 4g of fibre per serving, or “very high fibre” which contains at least 6g.
- Find high fibre whole grains by reading ingredient lists. Look for “whole grain whole wheat” as the first ingredient on store bought breads, crackers, tortillas, pitas or pasta.
- Cook a batch of high fibre whole grains at the beginning of the week, such as barley, wheat berries, or brown rice, and add to salads, soups or use as a quick side dish all week long.
- Swap creamy dips with a high fibre bean dip, hummus, or freshly made salsa. Enjoy with whole grain crackers, tortillas or fresh raw vegetables for an extra fibre boost.
- Pair nuts or seeds with high fibre dried fruits like figs, dates or apricots, for a convenient and satisfying snack.
- Add fibre to recipes made with ground meats, like meatloaf, casseroles or stews by adding canned, drained lentils and/or wheat bran.

GREAT SOURCES OF DIETARY FIBRE



4.6g for 2 slices



6.0g per 1 cup



4.5g per handful



2.7g per 3 tbsp



8.0g per 1 cup

QUICK TIP ➤

Adding lots of dietary fibre to your diet quickly can cause gas and bloating. Give your body a chance to adjust by adding in a little bit of dietary fibre at a time.

FOOD LABEL CLAIMS AND WHAT THEY MEAN

“Source of fibre”

> 2g of fibre per serving

“High source of fibre”

> 4g of fibre per serving

“Very high source of fibre”

> 6g of fibre per serving



For more great resources visit whataboutwheat.ca