

# Fibre

## + diabetes

HEALTHY NUTRITION AND LIFESTYLE CHOICES

### *Why is it good for me?*

- ◆ controls blood glucose
- ◆ manages blood pressure
- ◆ reduces blood cholesterol
- ◆ increases the feeling of being full
- ◆ controls weight
- ◆ regulates bowel movement

Fibre, is the part of plants that our bodies cannot digest. There are two types of fibre: soluble and insoluble. Foods such as vegetables, fruits, legumes and whole grains contain fibre. Animal foods such as meats and eggs have no fibre.

### *What is the difference between soluble and insoluble fibre?*

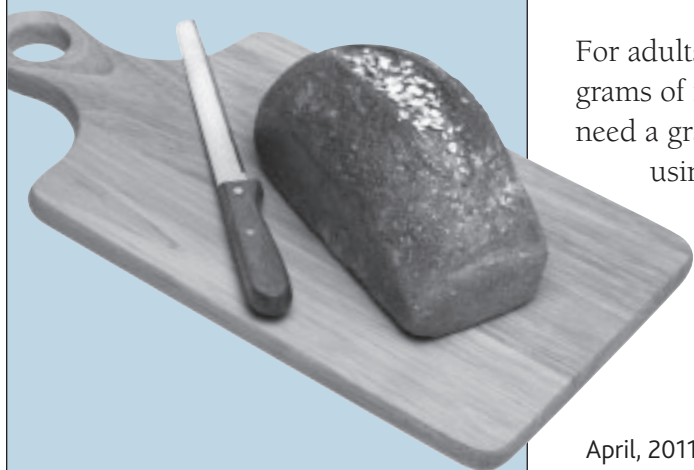
**Soluble fibre** is the soft fibre that helps control blood glucose and reduces cholesterol. It also helps in managing diarrhea. Soluble fibre is present in oat bran, oatmeal, legumes (dried beans and lentils) and fruits such as apples and strawberries.

**Insoluble fibre** is the bulky fibre that helps to prevent constipation. It also helps to prevent some types of cancers. It is present in wheat bran, whole grain breads and cereals, fruits and vegetables.

Many foods contain both soluble and insoluble fibre.

### *How much fibre do I need?*

For adults the Canadian Diabetes Association recommends 25 – 50 grams of fibre every day. Children between the ages of 3 and 18 need a gradual increase of fibre in their diets, usually calculated by using the child's age and adding 5 grams. People of all ages should eat a variety of foods to obtain a mixture of both soluble and insoluble fibre.



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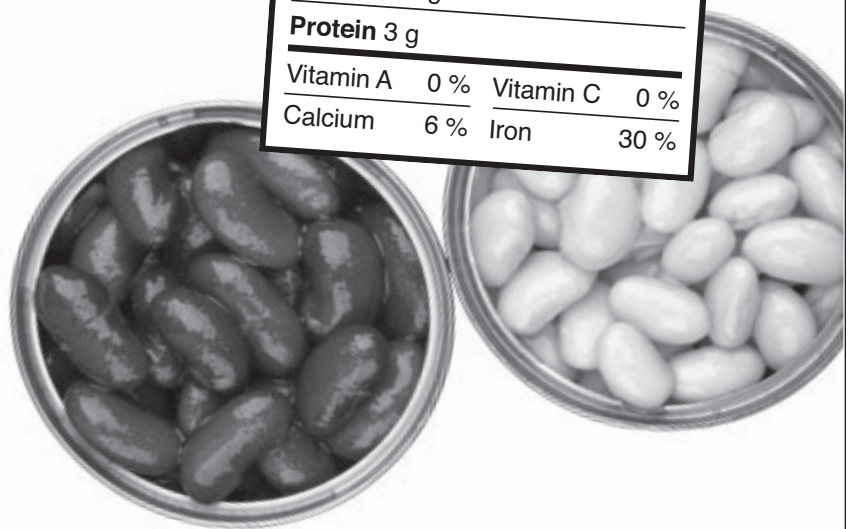
## How can I get enough?

### Tips to increase fibre

- ◆ eat the skins and seeds of vegetables and fruit
- ◆ choose “whole grain” bread, pasta, cereal, crackers and rice
- ◆ use whole grain flour in your homemade baked goods
- ◆ add barley, beans and lentils to soups and salads
- ◆ use canned beans, chickpeas in salads or in place of meat a few times every week
- ◆ add ground flax seeds to yoghurt, cereal or homemade baked goods
- ◆ add a small handful of almonds or other nuts to a salad

Read the facts to find fibre!

Nutrition Facts	
Serving 1 cup (34 g)	
Amount	% Daily Value
<b>Calories</b> 110	
<b>Fat</b> 1.5 g	2 %
Saturated 0.3 g + Trans 0 g	2 %
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 160 mg	7 %
<b>Potassium</b> 160 mg	5 %
<b>Carbohydrate</b> 28 g	9 %
Fibre 6 g	24 %
Soluble Fibre 4 g	
Insoluble Fibre 2 g	
Sugars 10 g	
Starch 12 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 6 %	Iron 30 %



### Average Fibre Content

<b>Fruit</b> 15 g carbohydrate	1 medium-size apple with skin, 1 small banana, 1 cup strawberries	2 g
<b>Vegetables</b> less than 5 g carbohydrate	1 cup lettuce, ½ cup tomatoes, ½ cup green beans	1 – 2 g
<b>Grain Products, Low fibre</b> about 15 g carbohydrate	1 slice white bread, 1 white hamburger bun, ½ white pita (6")	1 g
<b>Grain Products, High fibre</b> about 15 g carbohydrate	1 slice whole wheat bread, ¾ cup hot cereals, ½ cup whole wheat pasta	3 g
<b>Meat and Alternatives</b> about 0 g carbohydrate	3 oz cooked skinless chicken breast or most meats	0 g
<b>Meat Alternatives</b> about 15 g carbohydrate	1 cup legumes (kidney beans, black beans, chickpeas)	10 g

Low Fibre Diet	Fibre (g)	Fibre (g)	High Fibre Diet
<b>Breakfast</b>			<b>Breakfast</b>
1 cup Corn Flakes	0.7	6.1	1 cup Corn bran
1 cup low fat milk	0.0	0.0	1 cup low fat milk
1 boiled egg	0.0	0.0	1 boiled egg
1 slice white toast	0.9	3.2	1 slice whole grain toast
1 small banana	1.8	2.3	1 medium orange
<b>Lunch</b>			<b>Lunch</b>
1 cup chicken noodle soup	0.4	4.5	1 cup split pea soup
Turkey sandwich: (2 slices white bread, turkey, mustard)	1.6	5.8	Turkey sandwich: (2 slices whole grain bread, turkey, lettuce, mustard)
½ cup tomato slices	1.2	1.2	½ cup tomato slices
1 slice cheese	0	0	1 slice cheese
1 apple	2.6	2.6	1 apple
		2.9 <sup>1</sup>	10 baby carrots
<b>Snack</b>			<b>Snack</b>
¼ cup of almonds	4.1	4.1	¼ cup of almonds
3 arrowroot cookies	0.3	4.2	1 small pear
<b>Supper</b>			<b>Supper</b>
2½ oz baked salmon	0.0	0.0	2½ oz baked salmon
1 cup white rice	1.7	2.8	1 cup quinoa
1 cup green beans	3.2	3.2	1 cup green beans
1 cup lettuce salad and dressing	1.2	0.7	1 cup spinach salad
		0.9	with ½ cup of cauliflower and
		2.8	¼ cup chickpeas and dressing
1 cup low-fat milk	0.0	0.0	1 cup low-fat milk
<b>Bedtime Snack</b>			<b>Bedtime Snack</b>
¾ cup plain yoghurt	0.0	0.0	¾ cup plain yoghurt
½ cup of blueberries	2.0	2.0	½ cup of blueberries
<b>TOTAL FIBRE</b>	<b>21.7</b>	<b>48.4</b>	<b>TOTAL FIBRE</b>
<b>TOTAL ENERGY (Calories)</b>	<b>1910</b>	<b>1972</b>	<b>TOTAL ENERGY (Calories)</b>

<sup>1</sup> Information on fibre content taken from the Canadian Nutrient File (CNF) 2010

The low and high fibre meals look very similar but are very different in the amount of fibre. Simple changes to your food choices can increase the amount of fibre in your diet.

Fibre is important for your overall health.

**Good** foods with at least 2 g of fibre per serving can claim to be a “source” of fibre

**Better** foods with at least 4 g of fibre per serving can claim to be a “good source” of fibre

**Best** foods with at least 6 g of fibre per serving can claim to be a “very good” or “excellent” source of fibre

**Note: Increase the amount of fibre slowly and drink plenty of fluids to avoid discomfort and gas.**

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.*