

Understanding Your Fibre Goals

Daily Fibre Goals

- 30 grams of fibre, for all meal plan calorie amounts
- Caution: increase your fibre intake gradually and ensure you drink an adequate amount of water

Benefits of Fibre

- Increased satiety
- Delayed release of glucose into the bloodstream; lowered Glycemic Index of foods
- Increased compliance with the meal plan
- Healthy cholesterol levels

2 Types of Fibre

Soluble Fibre:

- Lowers total and LDL cholesterol
- Regulates blood sugars
- Prolongs stomach emptying
- Sources: oats, beans, peas, legumes, squash, nuts, barley, ground flax seed, oranges, apples, carrots, psyllium

Insoluble Fibre:

- Adds bulk to the intestines to promote regular bowel movements and prevents constipation
- Helps prevent colon cancer
- Sources: vegetables such as green beans and dark leafy vegetables, whole wheat products, corn bran, nuts and seeds

- An average diet contains 75% insoluble fibre and 25% soluble fibre. The best strategy is to eat a wide variety of fibre rich foods to satisfy your total daily requirements

Supplemental Fibre

- Sometimes it can be hard to reach daily goals with food sources alone without exceeding other targets such as calories, fat and carbohydrates. A supplement may be helpful in this case.
- Examples of supplemental include: PGX, Benefibre, Metamucil & ground flax seed

Available Carbohydrates and Fibre

- Fibre is a type of carbohydrate but it is ingestible and so does not contribute to caloric intake.
- Available carbohydrates are the portion of total carbohydrates that do contribute to caloric intake.

Total Carbohydrates - Dietary Fibre = Available Carbohydrates

Example from the food label:

42g Total Carbohydrates - 13g Dietary Fibre = 29g of Available Carbohydrates

Total Carbohydrate	42g	14%	16%
Dietary Fiber	13g	51%	51%
Soluble Fiber	3g		
Sugars	6g		
Other Carbohydrate	23g		

Increasing Your Fibre Intake

- Use a high fibre cereal for breakfast (Kashi/Raisin Bran/Fibre One/Bran Flakes/Oatmeal)
- Add bran buds or ground flax seed to yogurt
- Mixed vegetables with low fat dip for snack
- Bean salad for snacks
- Add in fibre bars (Fibre One/Gnu's Flavor and Fibre)
- Add supplemental fibre