

# High-Fibre Diet

You have been advised to increase the fibre in your diet for health reasons. Fibre is a natural part of the food we eat. Fibre is found in whole grains, vegetables, fruits, beans, peas, nuts and seeds. When increasing fibre, you also need to increase fluids to help the fibre work.

- Slowly increase the amount of fibre in your diet.
- Space high-fibre foods evenly across the day.
- Check food labels. Aim for at least 4 grams of fibre per serving when possible.
- Aim for a minimum of 25 grams (women) to 38 grams (men) of fibre each day.
- As you add more fibre, be sure to drink more fluids. This helps your body to stay in balance.

## Sample High-Fibre Menu

| Meal      |   | Serving                  | Fibre (grams) |
|-----------|---|--------------------------|---------------|
| Breakfast | Oatmeal + ground flax   | ¾ cup (175 mL) + 1 tbsp. | 6             |
|           | Fibre 1® cereal   | ½ cup (125 mL)           | 14            |
|           | Milk  | 1 cup (250 mL)           | 0             |
|           | Grapefruit  | ½ each                   | 3             |
| Lunch     | Sandwich on whole wheat bread<br>(beef, ham, turkey, egg salad, fish) | 2 slices bread           | 4             |
|           | Spinach salad   | 1 cup (250 mL)           | 1             |
|           | Fresh pear with skin  | 1 each                   | 5             |
| Dinner    | Chicken with herbs  | 1 each                   | 0             |
|           | Baked potato with skin  | 1 medium                 | 3             |
|           | Broccoli  | ½ cup (125 mL)           | 2             |
|           | Romaine Salad   | 1 cup (250 mL)           | 1             |
| Snacks    | Almonds   | ¼ cup (60 mL)            | 4             |

## Tips

- Use whole wheat or multigrain bread when making toast or sandwiches.
- Use whole wheat flour instead of white flour in baking.
- Add one to two tablespoons of bran, ground flax or a very high-fibre cereal such as Bran Buds® to your cereal or yogurt in the morning.
- Eat the peels of your vegetables and fruits whenever possible.
- Try having fruit as a snack or as a dessert.
- Eat fresh fruit instead of drinking juice.
- Add barley, beans, peas or lentils to soups and casseroles.

Resource: UnlockFood.ca at [www.unlockfood.ca](http://www.unlockfood.ca) or TeleHealth Ontario at 1-866-797-0000