



FOCUS ON FIBRE

QUIZ: ARE YOU GETTING ENOUGH FIBRE?

Do you...

1. Fill half your plate with vegetables and fruit at every meal?
(Fresh, frozen and canned are all good choices)
2. Choose whole grains?
(i.e. brown rice, corn, oats, bulgur, or quinoa)
3. Look for higher fibre grain products?
(i.e. whole grain bread, whole grain pasta, or products with added fibre)
4. Buy cereal with a higher % Daily Value (DV) for fibre?
(5% DV or less is a little; 15% DV or more is a lot)
5. Enjoy a variety of plant-based proteins?
(i.e. kidney beans, chickpeas, lentils, edamame, nuts, seeds or nut butters)
6. Add foods to give a fibre boost? (i.e. flax seed, chia seed, natural bran or wheat germ)

Getting enough fibre can reduce your risk of heart disease, control blood sugar, help manage weight and keep bowels regular. Most people need to eat more! Adults should aim for 25 – 38 grams of fibre per day. People with diabetes should need up to 50 grams of fibre per day.

DID YOU KNOW?

Most Canadians only get half the recommended amount.

TOP 3 FIBRE TIPS

1. Get enough fibre by eating plant foods. Have a variety of vegetables, fruit, beans, lentils, nuts, seeds and grains. Include these foods at each meal to get enough.
2. Compare nutrition labels and choose foods with a higher % Daily Value (DV) for fibre. 5% DV is a little and 15% DV is a lot.
3. Drink extra fluids when you increase fibre. Have water most often.



Avocado
(1/2 fruit) – 6.7 g



Raspberries / blackberries
(1/2 cup) – 4.1 g



Almonds
(1/4 cup) – 4 g



Green peas, cooked
(1/2 cup) – 4.3 g



Broccoli, cooked
(1/2 cup) – 2.1 g



Pear, with skin
– 5.3 g



Potato, with skin, cooked
– 4 g



Bran cereals
(30g) – 10.2 – 11.2 g



Kidney beans, cooked
(3/4 cup) – 8.4 g

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