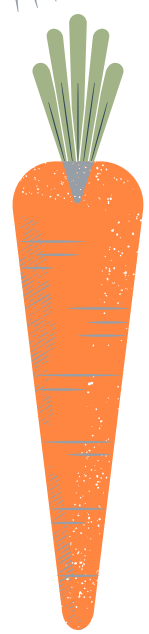




# Fabulous Fibre Factsheet



# Fabulous Fibre

A lot of people don't get enough fibre in their diet, which can lead to all sorts of problems like constipation and bloating. But getting your 30g per day doesn't have to be difficult - there are lots of plant-based foods that contain both soluble and insoluble fibres.

Eating a variety of different fibrous foods is the key to good gut health. By eating plenty of different high-fibre foods, you can support healthy digestion and prevent common problems like constipation.

## Vegetables

	<b>Typical Serving</b>	<b>Fibre / Serving</b> (grams)
Sweet Potatoes	1 Cup Cooked Sweet Potato	10.50
Artichoke	1/2 Cooked Artichoke	7.98
Spinach	1/2 Cup Cooked Spinach	4.80
Brussel Sprouts	1/2 Cup Cooked Brussel Sprouts	3.67
Carrots	1/2 Cup Cooked Peeled Carrots	3.28
Parsnips	1/2 Cup Cooked Parsnips	3.04
Broccoli	1/2 Cup Cooked Broccoli	2.96

## Legumes

	<b>Typical Serving</b>	<b>Fibre / Serving</b> (grams)
Kidney Beans	1 Cup Canned Red Kidney Beans	13.00
Soybeans	1/2 Cup Cooked Soy Beans	7.20
Black Beans	1/3 Can Pinto Beans	5.44
Pinto Beans	1/2 Cup Canned Chickpeas	4.95
Chickpeas	1/2 Cup Cooked Peas	4.70
Peas	1/2 Cup Cooked Lentils	4.40
Lentils	1/2 Cup Cooked Split Peas	3.70
Split Peas		3.12

# Fabulous Fibre

## Fruits

	<b>Typical Serving</b>	<b>Fibre / Serving (grams)</b>
Pear	1 Large Pear	10.36
Mango	1 Large Ripe Raw Mango	7.62
Orange	1 Large Raw Orange	6.82
Strawberries	3 Large Strawberries	3.75
Banana	1 Banana	2.86
Raspberries	20 Fresh Raw Raspberries	2.44
Avocado	1/2 Avocado	1.96

## Grains

	<b>Typical Serving</b>	<b>Fibre / Serving (grams)</b>
All Bran Cereal	Half Cup Bran Cereal	13.50
Rye Bread	2 Slices Bread	6.39
Raw Oats	1/4 Cup Rolled Raw Oats Half	2.90
Barley	1/2 Cup Cooked Barley	2.66
Quinoa	1/2 Cup Cooked Quinoa	2.60
Popcorn	2 Cups Air-Popped Popcorn	2.32
Wild Rice	1/2 Cup Cooked Wild Rice	1.35
Brown Rice	1/2 Cup Boiled Rice	1.28

## Nuts / Seeds

	<b>Typical Serving</b>	<b>Fibre / Serving (grams)</b>
Chia Seeds	1 Tablespoon Chia Seeds	5.55
Sunflower Seeds	1/4 Cup Roasted Sunflower Seeds	2.88
Pumpkin Seeds	1/4 Cup Roasted Pumpkin Seeds	1.95
Almonds	10 Almonds	1.06
Pistachios	20 Raw Pistachio Nuts	1.00
Dark Chocolate	One Row (5 to 6 Squares)	0.36

## Go for colour

Our eyes are hard-wired to be attracted to brightly coloured foods of the rainbow. The more colourful variety, the better.

We all know about our 5 a day. But in a day are you eating fresh veg and fruit ranging from red - oranges - yellow - green - blue or purple?

Aim to have as many different coloured foods on your plate as possible daily - you'll be getting a wide range of vitamins, minerals and antioxidants that will help support the gut.

## Portion Size

Portion size should be about the size of your palm. Add more fruit and veg. Ideally, emphasis should be on the more veg the better.

Choose veg you haven't had in a while. Shop local. What's in season? Have a conversation with your grocer, they'll be happy to point you in the right direction.

## Try some veg swaps

If you find that hard to do - switch out your normal 'pasta' with lentil based or chickpea pasta, or cauliflower rice. Or even thick sliced courgette - it all adds up

Or have a no meat day - some of you are doing this already, so think now about variety

Even with your regular takeaway, switch out meat options with veg ones.

We are all capable of doing more.

# Why is Fibre good for your gut?

Make your  
gut bacteria  
happy

Consuming adequate amounts of soluble, fermentable fibre is very important for optimal health because it optimises the function of the friendly bacteria in your gut

Some types of fibre can help you feel fuller for longer, meaning less snacking between meals and less calorie intake

Helps you  
feel fuller for  
longer

You'll have  
a lower  
chance  
of contracting  
a number  
diseases

Adding more soluble fibre into your diet can help combat some serious health issues like high blood fats, gastrointestinal disorders and cancers

Generally the fibre we eat helps to keep your digestion regular ultimately leading to less chance of constipation

Help reduce  
constipation

You'll  
probably  
drink more  
water

When you're eating enough fibre, you'll need to consume enough water to ensure your digestive gut system stays happy