

# FIBRE



## 7 REASONS WHY YOU SHOULD EAT MORE FIBRE

### 1 LONG TERM HEALTH

Fibre can help prevent many of the illnesses of later life like gallstones, bowel (colon) cancer, haemorrhoids and diverticulitis.

### 2 STAY REGULAR

A high-fibre diet helps keep you regular and prevents constipation. You won't need to rely on laxatives or enemas.

### 3 FLUSH OUT CHOLESTEROL

Soluble types of fibre like oats, barley and lentils can remove cholesterol from the body.

### 4 GROW YOUR OWN BACTERIA

Fibre encourages the growth of 'friendly' bacteria and short-chain fatty acids which prevent tumours and polyps forming.

### 5 SLOW IT DOWN

Soluble fibres slow the absorption of nutrients, especially glucose, so they 'trickle into' the bloodstream, calling for less insulin – good for diabetes. Many high-fibre foods like fruit and grainy breads are also low GI.



### 6 CUT OUT FAT

High-fibre foods are generally low in fat.

### 7 LOSE WEIGHT EASILY

High-fibre foods make dieting easier. They require chewing and help you feel full on fewer kilojoules (calories). Fibre can also block the full number of kilojoules absorbed into the body.

*"Fibre doesn't have to mean crisp and crunchy. Many high-fibre foods like baked beans and banana are soft and mushy!"*

## Q. HOW MUCH DO I EAT EVERY DAY?

Surveys show we only eat about two-thirds of the amount we should be eating.

### ADULTS

**Aim for 30 to 40 grams a day:**

Reach this goal by selecting:



a bowl of  
bran cereal



X2  
slices wholemeal  
or grain bread



X2  
pieces of fruit



X1  
serve of vegetables



a cob of corn

### CHILDREN

Use the **Age + 5** rule. Simply add 5 to their age to come up with the grams of fibre they should be eat. For example, a 10 year old would  $10 + 5 = 15$  grams of fibre a day. Here's how:



X2  
wholewheat breakfast  
biscuits



X1  
slice white  
high-fibre bread



small can of baked beans



X1  
pieces of fruit



**FACT - Eating more fibre is one of the simplest ways to improve your daily diet. In fact, fibre was probably responsible for the old saying "An apple a day keeps the doctor away!"**

## EASY SWAPS FOR MORE FIBRE

Small changes to the food you select can make a difference to your total fibre intake. See how easy it is to increase your fibre intake.

| INSTEAD OF   | TRY  |
|--|--|
| Juice<br>                       | <ul style="list-style-type: none"> <li>• Whole oranges or pears cut into quarters</li> <li>• Fruit platter</li> </ul>  |
| Rice Bubbles<br>Corn Flakes<br> | <ul style="list-style-type: none"> <li>• Weet-Bix, Vita Brits</li> <li>• Sprinkle 1 tablespoon wheat bran or oat bran over your favourite cereal</li> <li>• Rolled oats, muesli</li> </ul> |
| White Bread<br>                | <ul style="list-style-type: none"> <li>• Wholemeal bread</li> <li>• Grainy bread</li> <li>• Rye bread</li> <li>• Pumpernickel</li> <li>• Rye crispbread</li> </ul>                         |
| Butter Cake<br>               | <ul style="list-style-type: none"> <li>• Bran and apple muffin or</li> <li>• Replace ¼ cup of flour in your recipes with oat bran or psyllium</li> </ul>                                   |
| White rice<br>                | <ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Baked jacket potato</li> <li>• Corn-on-the-cob</li> <li>• Add ½ cup peas to your rice</li> </ul>                            |
| Ice cream & flavouring<br>    | <ul style="list-style-type: none"> <li>• Ice cream with fruit salad</li> </ul>   |
| Sweet biscuits<br>            | <ul style="list-style-type: none"> <li>• Oatmeal biscuits</li> <li>• Fruit cake</li> <li>• Dried fruit and nut snack pack</li> </ul>   |
| Chips<br>                     | <ul style="list-style-type: none"> <li>• Peanuts</li> <li>• Corn chips</li> </ul>  |

## RECIPE MAKEOVER

### BEEF CASSEROLE WITH RICE

- 1 tbsp oil
- 1 onion, chopped
- 2 cloves garlic
- 750g diced lean beef
- pinch paprika
- 1 cup beef stock
- 1 cup red wine
- 2 tbsp sour cream



Serve with boiled white rice, garlic bread & steamed zucchini

## HERE'S 4 EASY WAYS TO TURN THIS RECIPE FROM LOW-FIBRE TO HIGH-FIBRE:

### » FIBRE BOOSTER NO.1

Add ½ cup red kidney beans to the casserole at the end of cooking time before serving. Cut back on the quantity of beef – from 750g to 500g.

### » FIBRE BOOSTER NO.2

Switch to brown rice  
OR  
Use white rice but toss through some fresh or canned corn kernels

### » FIBRE BOOSTER NO.3

Serve with rye bread, not garlic

### » FIBRE BOOSTER NO.4

Swap zucchini for peas or carrots or beans

## NATURAL HELP

Certain foods contain natural compounds that have a laxative effect ranging from mild to strong. Try these high-fibre foods before resorting to laxatives:

- prunes
- prune juice
- dried figs
- raisins
- liquorice
- liquorice tea
- senna pod tea
- psyllium husks



Produced by accredited nutritionist Catherine Saxelby to help busy people eat better and look after their health. Find tips and quick recipes at her website.

