

Dietary fibre




Dietary fibre includes parts of plant foods that do not fully digest and pass through our stomach and bowel without much change. Eating a high fibre diet provides health benefits, many of which we are still learning about.

Known health benefits of dietary fibre

- Reduced risk of developing type 2 diabetes and heart disease
- More stable blood glucose levels for people who have diabetes
- Lower cholesterol levels, especially from soluble fibre
- Improved appetite control to help weight management
- Regular bowel movements
- Reduced risk of diverticular disease, hemorrhoids and bowel cancer
- Support for the growth of healthy gut bacteria

Daily fibre target

The recommended daily intake of dietary fibre is a minimum of 25g for women and 30g for men. Eating a variety of fibre types from different foods increases the range of health benefits.

Fibre types	Good food sources	Fibre fuel your day
Soluble 	<ul style="list-style-type: none"> ■ Oats ■ Psyllium ■ Seeds ■ Legumes and lentils ■ Barley ■ Vegetable and fruit flesh 	<ul style="list-style-type: none"> ✓ Start your day with rolled oats in porridge or muesli ✓ Add psyllium or chia seeds to cereal or a smoothie ✓ Stir lentils or legumes into a salad or casserole ✓ Substitute pasta shells for barley in soup ✓ Add an extra vegetable to each main meal recipe ✓ Eat two serves of fresh fruit per day
Insoluble 	<ul style="list-style-type: none"> ■ Wholegrain bread ■ Wholegrain cereal ■ Wheat and rice bran ■ Wholegrains ■ Nuts ■ Vegetable and fruit skin 	<ul style="list-style-type: none"> ✓ Select multigrain bread ✓ Swap cornflakes for All-Bran or Weetbix Blends ✓ Add wheat or rice bran to a bread or muffin mix ✓ Try brown basmati rice as an alternative to white rice ✓ Include 30g of nuts as a healthy snack each day ✓ Put the peeler away and eat the skin on fruit and vegetables
Resistant starch 	<ul style="list-style-type: none"> ■ Banana (lightly ripe) ■ Cooked and cooled pasta, rice and potato ■ Chickpea ■ Freekeh (wheat grain) ■ Products with Hi-Maize or Barley+ added 	<ul style="list-style-type: none"> ✓ Choose a banana as a snack ✓ Prepare a rice or pasta salad plus added vegetables ✓ Save a roast potato to add cold to lunch the next day ✓ Spread hummus (chickpea dip) on a crispbread ✓ Cook freekeh instead of couscous ✓ Look for Freedom Foods Barley+ cereal range

Achieving 30g of fibre per day

Breakfast



1/2 cup muesli* and milk

Fibre:

5g +

Morning



x1 apple*

3g +

Lunch



2 cups salad vegetables*, 1 cup lentils* and canned tuna

7g +

Afternoon



30g nuts*

2g +

Dinner



2 cups stir-fry vegetables*, 1 cup brown rice* and beef strips

8g +

Supper



x1 punnet strawberries*

6g = 31.0g

* Indicates high fibre food

Selecting high fibre foods

To select foods higher in dietary fibre, check the nutrition information panel on packaged food:

Nutrition information		
Serving Size: 74g (2 Slices)		
	Quantity per serve	Quantity per 100g
Energy	770 kJ	1040 kJ
Protein	9.0 g	12.1 g
<i>Fat, Total</i>	3.7 g	5.0 g
- Saturated	0.4 g	0.6 g
Carbohydrate Total	26.0 g	35.1 g
- Sugars	1.6 g	2.2 g
Dietary Fibre	4.8 g	6.5 g
Sodium	296 mg	400 mg

← Aim for: **5g per 100g** or more

Fibre friendly tips

- ✓ Drink plenty of fluids to help make bowel movements easier to pass, especially if you are constipated.
- ✓ Increase your fibre intake gradually to reduce potential side effects such as bloating, excess wind, constipation or too frequent bowel movements. Add a higher fibre food to one meal per day or a new high fibre food every few days.
- ✓ Eating vegetables and fruit is better than drinking the juice. If choosing juice, ensure the whole vegetable or fruit is used by stirring through any remaining pulp or by blending whole vegetable or fruit pieces, including edible skin and seeds.
- ✓ Some people may benefit from a fibre supplement such as Metamucil or Benefiber. Discuss this with your doctor or dietitian before taking.

