

Fibre

Fibre is the indigestible parts of plant foods from vegetables, fruits, grains, beans and legumes. It is type of a carbohydrate that helps keep our digestive systems healthy.

What will I get out of it?

- Dietary fibre is important for digestive health and regular bowel movements.
- Helps you feel fuller for longer
- Improves cholesterol and blood sugar levels
- Assists in preventing some diseases such as diabetes, heart disease and bowel cancer.

In a nut-shell – What is involved?

Eating a variety of plant-based foods will help you get enough fibre each day. This includes:

- enjoying a variety of wholegrains, such as rice, oats, quinoa, barley, polenta and buckwheat
- having two pieces of fruit and five servings of vegetables a day
- choosing wholegrain, wholemeal and/or high fibre varieties of grain-based foods

Key areas to focus on

- Make vegetables the main part of your meal rather, increasing all types of fibre.
- Ensure adequate water consumption
- Vary your grain and legume sources - try different whole grains and beans. Such as pinto beans, kidney beans, lima beans, butter beans, soy beans, navy beans, barloti beans, red lentils, and peas.
- Swap high energy, low nutrient foods for wholegrains rich foods.

Why is it good to eat this way? What the science tells us

- Recommended daily intake of fibre is 25g/day for females and 30g/day males.

Types of fibre:

- **Soluble fibre** dissolves in water and slows the emptying process in our stomachs, which helps you feel fuller for longer. It also helps to lower cholesterol and stabilise blood glucose levels. Soluble fibre is found in fruits, vegetables, oats, barley, seeds and legumes.
- **Insoluble fibre** doesn't dissolve in water rather it absorbs water to help to soften the contents of our bowels and support regular bowel movements. It also helps to keep us full and keep the bowel environment healthy. Insoluble fibre is found in wholegrain breads and cereals, nuts, seeds, wheat bran and the skin of fruit and vegetables.
- **Resistant starch** is not digested or absorbed in the small intestine and instead proceeds to the large intestine where it provides fuel for good bacteria and improves bowel health. Different ways of cooking can create different amounts of resistant starch. Resistant starch is found in undercooked pasta, under ripe bananas, cooked and cooled potato and rice. Resistant starch is able to ferment, producing substances that keep the lining of the bowel healthy.



Include	Limit/ Avoid	Other notes/ comments
COMPLEX CARBOHYDRATES		
<ul style="list-style-type: none"> ▪ Brown rice, basmati rice, vermicelli noodles. ▪ Wholegrain wheat, spelt or rye bread. Sourdough made from these ingredients is a good choice. ▪ Wholegrain, spelt or buckwheat pasta; 'zoodles' or veggie pasta, spaghetti squash. ▪ Others – oats, millet, quinoa, buckwheat, amaranth, barley, wholegrain cous cous. ▪ Legumes-beans, lentils and peas. ▪ Beans- adzuki, black, barlotti, cannelloni, faba(fava), great northern, lima, mung, navy, pinto, red kidney, soy. ▪ Lentils- Yellow, red, green, French or puy, ▪ Peas- Blackeyed, blue, maple, white. Dry, whole or split ▪ Crackers – brown rice cakes, corn thins, ryevita, spelt. 	<ul style="list-style-type: none"> ▪ Jasmin rice (GI too high) ▪ White bread, fruit breads e.g. raisin toast ▪ Normal 'white' pasta. ▪ Others – Commercial cereals (e.g. special K, Coco Pops, Just Right etc). ▪ 'White' crackers or crispbreads (e.g. Saos, cruskits, premiums etc) 	<ul style="list-style-type: none"> ▪ Always make sure you have your carbohydrates with a serve of protein.
FRUITS AND VEGETABLES		
<p>Choose things that are fresh, seasonal and organic if possible.</p> <ul style="list-style-type: none"> ▪ Greens: Spinach, rocket, silver beet, kale, broccoli, zucchini, asparagus, Brussel sprouts, cabbage, bok choy, celery, green beans, watercress. ▪ Salad veggies: cucumber, avocado, tomato, olives, lettuce, capsicum, snow peas, sprouts, radish. ▪ Others veggies: beetroot, carrot, squash, pumpkin, sweet potato, cauliflower, peas, eggplant, mushrooms, and onion. ▪ Berries: blueberries, strawberries, raspberries, blackberries, mulberries, cranberries, goji berries. ▪ Other fruits: apple, banana, oranges, mandarins, lemons, limes, watermelon, peaches, nectarines, plums, apricots, cherries, paw paw, figs, grapefruit, passionfruit, pears. ▪ Fermented vegetables like sauerkraut 	<ul style="list-style-type: none"> ▪ Keep frozen and tinned/canned as a backup rather than your first choice. ▪ Limit dried fruits. ▪ Limit white potato consumption. 	<ul style="list-style-type: none"> ▪ Aim to consume 4 – 6 cups of vegetable per day (measured raw). ▪ Steaming or stir frying is a good way to cook. ▪ Have 2 – 3 serves of fruit per day. (1 serve = medium sized apple, 2 small pieces (e.g. kiwi fruit) or ½ cup of berries or 1 ½ tbsp. of dried fruit)
NUTS, SEEDS, OILS AND FATS		
<ul style="list-style-type: none"> ▪ Nuts – almonds, Brazil nuts, cashews, macadamias, pistachios, pecans, peanuts, coconut. ▪ Seeds – sesame, chia, sunflower, pepitas, poppy, flax, hemp. ▪ Nut/seed butters – organic peanut butter, almond butter, ABC spread, tahini. ▪ Oils – extra virgin olive, sesame, avocado, coconut, flaxseed, ▪ Fats – organic butter, ghee. 	<ul style="list-style-type: none"> ▪ 'Honey roasted' or candied nuts. ▪ Tamari almonds – have as a treat. ▪ Commercial nut butters – too much sugar and salt. ▪ Vegetable oil (soybean, canola, sunflower, palm oil). ▪ Margarine, animal fats. 	<ul style="list-style-type: none"> ▪ Choose unroasted and unsalted nuts and seeds. ▪ Aim to consume ¼ - ½ cup of nuts per day.

