



DIETARY FIBRE



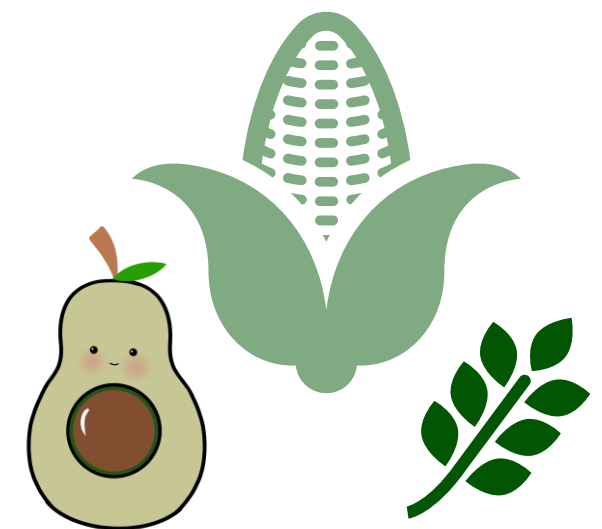
Dietary fibre is found in three of the five food groups: grains, fruits & vegetables as well as some protein foods such as nuts, seeds and legumes. Fibre resists digestive enzymes and therefore can not be absorbed by your body. Foods that are high in fibre help to keep your blood sugar levels steady as they slow the uptake of sugar into the blood. Fibre can also assist in preventing some diseases such as type 2 diabetes, heart disease and bowel cancer. Some types of fibre work as a pre-biotic by stimulating the selective growth of certain beneficial gut bacteria. There are three types of fibre that are important for a healthy body and digestive system: soluble fibre, insoluble fibre and resistant starch.

- **Soluble Fibre** is soluble in water. It helps to slow the process of food being emptied from our stomach which helps us to stay feeling fuller for longer. It also helps to lower cholesterol and stabilises our blood sugar levels. Soluble fibre can be found in fruits, vegetables, oats, barley and legumes.
- **Insoluble Fibre** absorbs water. This type of fibre helps to soften the contents of our bowels and keeps our bowel movements “regular”. It also helps us to feel fuller for longer and in maintaining a healthy digestive system. Insoluble fibre can be found in wholegrain breads and cereals, nuts, seeds, wheat bran and the skin of fruit and vegetables.
- **Resistant Starch** is not digested in the small intestine and instead proceeds to the large intestine where it can assist in the production of good bacteria and improves bowel health. Resistant starch can be found in undercooked pasta, under ripe bananas, cooked and cooled potato and rice.

Prebiotics are a type of fibre, however, not all fibre is a prebiotic. To be classified as a prebiotic, fibre must pass through the digestive system undigested and stimulate the growth and/or activity of certain ‘good’ bacteria in the large intestine. Because prebiotics are a relatively new discovery, evidence supporting their health benefit is only beginning to emerge. Some health benefits attributed to prebiotic intake includes encouraging the growth of good gut bacteria, improved vitamin and mineral absorption, possible protection against colon cancer, improved blood glucose and insulin levels, protection against intestinal infections and alterations in the progress of some inflammatory conditions.

Examples of prebiotic fibres are below:

- **Vegetables** - Jerusalem artichokes, chicory, garlic, onion, leek, shallots, spring onion, asparagus, beetroot, fennel bulb, green peas, snow peas, sweetcorn, savoy cabbage
- **Legumes** - Chickpeas, lentils, red kidney beans, baked beans, soybeans
- **Fruit** - Custard apples, nectarines, white peaches, persimmon, tamarillo, watermelon, rambutan, grapefruit, pomegranate. Dried fruit (e.g. dates, figs)
- **Bread / cereals / snacks** - Barley, rye bread, rye crackers, pasta, gnocchi, couscous, wheat bran, wheat bread, oats
- **Nuts and seeds** - Cashews, pistachio nuts
- **Human breast milk**





RECOMMENDED DIETARY INTAKE (RDI) FOR FIBRE

HOW MUCH FIBRE DO WE NEED?

The RDI of fibre each day for adults is:

- Men **30 grams**
- Women **25 grams**

The RDI of fibre each day for children is:

- Children (4 to 8 years) **18 grams**
- Girls (9 to 13years) **20 grams**
- Girls (14 to 18 years) **22 grams**
- Boys (9 to 13 years) **24 grams**
- Boys (14 to 18 years) **28 grams**

OTHER INFO

Everyone over the age of 9 should aim to eat at least two serves of fruit and five serves of vegetables each day. If your kids aren't eating this amount don't worry, this is a large amount and can take time to achieve (even for adults!). If you can get them taking small steps, such as trying a new vegetable once a week, that is great. Encourage them for their achievements to give them confidence to keep trying new food. Meal times should be happy times, not stressful, so stay calm and keep trying!

Get your kids involved with the weekly menu planning and shopping. They are little humans who like to be included in the decision making of what goes into their tummies. Including them will encourage better co-operation at mealtime. Check out our weekly meal planner to make this easier for everyone.

FIBRE CONTENT IN COMMON FOODS

* MEASURED IN GRAMS

30 GRAMS OF NUTS AND SEEDS

Almonds, raw with skin	3.27
Pistachios, raw with skin	2.70
Cashews, raw with skin	1.77
Walnuts, raw with skin	1.92
Sunflower seeds	3.24
Sesame seeds	3.03
Poppy Seeds	5.85
Linseed, sunflower, almond meal (LSA)	5.72

VEGGIE SNACKS

1 Small (74g) carrot, unpeeled	2.47
1 Strip (112g) red capsicum (bell pepper)	2.01
1 Medium (40g) stalk celery	0.56
4 Medium (32g) cherry tomatoes	0.54
½ Small (63g) Lebanese cucumber	0.57

BREADS

1 Regular slice white bread	1.18
1 Regular slice wholemeal bread	1.11
1 Regular Slice multi grain bread	2.08
1 Regular slice high fibre bread	2.80
1 Round white pita bread	2.64
1 Wholemeal pita bread	4.22
1 White dinner roll	1.02
1 Wholemeal dinner roll	2.03

FRUITS

1 Red delicious red apple, peeled	2.91
1 Red delicious red apple, unpeeled	3.77
1 Medium banana	2.15
1 Medium Navel orange	3.88
1 Medium nectarine, unpeeled	3.02
1 Medium plum, unpeeled	1.32
4 Medium strawberries	1.20
30 g Dried apricots	1.74
30 g Sultanas	0.99
120g Canned fruit in juice	1.63

BREAKFAST CEREALS (PER SERVE)

30g Porridge	4.12
30g Weet-bix	3.15
30g Cheerios	2.19
40g Nutri-grain	2.04
35g Rice Bubbles	0.80
30g Froot Loops	0.72
30g Corn Flakes	0.57
30g Coco Pops	0.51

We recommend that you weigh your cereal so you know how much you actually eat. Often the amount consumed is far greater than the serving size recommended by the food manufacturer. This is also helpful when checking sugar content. Aim for breakfast cereals with less than 10g of sugar per 100g

VEGGIES

½ Cup frozen peas, cooked	4.88
1 Small corn cob, boiled	5.37
½ Cup mashed potato	1.10
1 Medium potato, unpeeled, boiled	1.56
85g Butternut pumpkin, peeled & boiled	1.59
½ Cup cooked broccoli	2.82
1 Cup mixed salad greens	0.85
1 Medium Roma tomato	1.48
1 Small grated carrot, unpeeled	2.47

COOKED GRAINS (1/2 CUP)

½ Cup plain white rice	0.76
½ Cup white basmati rice	1.04
½ Cup brown basmati rice	2.94
½ Cup cous cous	1.47
½ Cup rolled oats	2.18
½ Cup rice noodles	0.59
½ Cup quinoa	2.81
½ Cup white pasta	1.55
½ Cup wholemeal pasta	4.41





2

Try giving your child a lunch time wrap using wholemeal pita bread. Fill it with Yummy Yummy Dip, grated carrot and some salad greens! There is a huge 10 grams of fibre in this alone!! For little tummies, half a wrap still provides a good amount of fibre!

4

Try adding different grains into your weekly menu such as barley, cous cous or quinoa.

6

Have a food policy at home that treats are only allowed for special occasions such as birthdays, Easter etc.

8

Add in one extra serve of fruit or vegetables at every meal, for example add a chopped banana to your breakfast cereal, some extra salad vegetables at lunch and experiment cooking with whatever vegetables are in season for dinner.

1

Swap out white bread for multi grain bread. If your child is reluctant to eat multi grain bread, try one slice of white and one slice of multi grain in a sandwich then slowly start using only multi grain. They are likely not to notice the transition.

3

Plan what you are going to eat for the week. Knowing what you will eat at each meal avoids getting take out or processed food which is often low in fibre.

5

Ask your kids what fresh foods other kids have at school that they would like you to buy or cook. You may be surprised by their answer!

7

Stop peeling your fruits and vegetables unless it is a tough skin like on pumpkin. Fruit and vegetable skin is a valuable source of fibre.

9

If you live in an area where it is hard to get fresh fruit and vegetables then buy frozen. They are a great alternative and just as nutritious!

10

Read the food labels on packaged food and chose the brand with the higher fibre content per serve. Aim for at least 3g of fibre in each serve.

10 TOP TIPS FOR GETTING MORE FIBRE IN YOUR DIET