RÉSEAU DE SANTÉ Horizon HEALTH NETWORK

Patient Guide

Facts on Fibre

Clinical Nutrition

Name: _____ Date: _____

Dietitian: _____ Contact Information: _____

Fruits, vegetables, nuts, seeds, lentils, legumes and whole grains contain fibre which will keep you feeling full and satisfied. Fibre helps promote bowel regularity, healthy blood sugar levels, cholesterol levels and a healthy weight.

HIGH FIBRE FOODS

beans | lentils | hummus | nuts/seeds | nut butter

flax | popcorn | brown rice | oats | psyllium

whole grain bread | bran cereal | whole grain pasta | berries | whole fruit

avocado | sweet potato | all vegetables *(fresh/canned/frozen)*

TIP#1
When choosing a grain product such as cereal, crackers, pasta, bread, granola bars, look for **4g of fibre** or more per serving *most often.*

TIP#2
Add vegetables to casseroles, soups, sandwiches, wraps and pasta dishes to increase fibre content.

TIP#3
Add lentils/legumes to chili, soups, casseroles, pasta sauce. Try hummus as a sandwich spread.

TIP#4
Add berries, nuts/seeds to your oatmeal or yogurt.

Your daily fibre goal: _____grams.

Notes:

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This information is not intended to take the place of medical advice.
Contact your Registered Dietitian or health care provider for more information.
Clinical Nutrition / Service de nutrition clinique
Horizon Health Network / Réseau de santé Horizon
www.HorizonNB.ca