

## 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*)



<b>Nutrition Facts</b>	
Serving Size 100 g	
Amount Per Serving	
Calories	
	% Daily Value*
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b> 10g	
Dietary Fiber	5g 20%
Sugars	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

**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  
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