











































FIBRE IN FOOD

| High Fibre Foods | | | | | | |
|--|--|--|--|---|---|--|
| Peas (1/2 cup)  5.0g | Baked Potato with skin (1 medium)  4.0g | Corn (1/2 cup)  2.5g | Broccoli (1/2 Cup)  2.0g | Green Beans (1/2 cup)  2.0g | Squash (1/2 cup)  1.5g | Carrots (1/2 cup)  1.5g |
| Pear (1 medium)  5.5g | Wild Raspberries (1/2 cup)  5.0g | Saskatoon berries (1/2 cup)  4.5g | Apple (1 medium)  4.0g | Banana (1 medium)  2.0g | Rhubarb (1/2 cup)  1.5g | Canned Fruit (1/2 cup)  1.5g |
| Bran Cereal (1/2 cup)  4.5g | Oatmeal (3/4 cup)  4.0g | Shreddies (1/2 cup)  3.0g | Oat Loops (1 cup)  3.0g | Whole Wheat Dinner Roll (1 medium)  3.0g | Whole wheat bannock (1 medium piece)  2.0g | Whole wheat bread (1 slice)  2.0g |
| Homemade bran muffin (1 medium)  2.0g | Popcorn (2 cups)  2.0g | Whole wheat pasta (1/2 cup)  2.0g | Whole wheat wrap (1/2 wrap)  2.0g | Whole Wheat Crackers (6 crackers)  2.0g | Cooked Barley (1/2 cup)  2.0g | Brown rice (1/2 cup)  1.5g |
| Baked beans (3/4 cup)  10.5g | Beans (3/4 cup)  8.5g | Chickpeas (3/4 cup)  6.0g | Split peas (3/4 cup)  4.5g | Pumpkin seeds (3/4 cup)  3.7g | Peanuts (1/4 cup)  3.0g | Peanut butter (1 Tbsp)  1.5g |
| Low fibre foods: | | | | | | |
| White bread (1 slice)  1.0g | White Bannock (1 piece)  1.0g | Spaghetti (1/2 cup)  1.0g | White rice (1/2 cup)  0.5g | Macaroni and Cheese (1/2 cup)  0.5g | Juice (1/2 cup)  0g | Corn Flakes (1/2 cup)  0g |

Eat at least 25g of fibre every day for best health!

EASY STEPS TO GET TO 25g!

Most people in Canada are not getting the fibre they need. A few small changes to your day can make a big difference.

Low Fibre Day

8g

| Breakfast | |
|--|------|
| Cornflakes (1 cup) | 0g |
| Milk | 0g |
| Orange Juice | 0g |
| Morning snack | |
| Yogurt | 0g |
| Apple | 4g |
| Lunch | |
| Ham and cheese sandwich on white bread | 1g |
| Tomato soup | 1.5g |
| Afternoon snack | |
| Ritz crackers | 0g |
| Cheese | 0g |
| Dinner | |
| Green Leaf Salad (1cup) | 1g |
| White Rice (1/2 cup) | 0.5g |
| Chicken breast | 0g |

High Fibre Day

30g

| Breakfast | |
|--|----|
| Shreddies (1 cup) | 6g |
| Milk | 0g |
| Banana | 2g |
| Morning snack | |
| Yogurt | 0g |
| Apple | 4g |
| Lunch | |
| Ham and cheese sandwich on brown bread | 2g |
| Tomato bean soup | 5g |
| Afternoon snack | |
| Triscuit crackers (6) | 2g |
| Cheese | 0g |
| Dinner | |
| Frozen Peas (1/2 cup) | 5g |
| Baked Potato with Skin | 4g |
| Chicken breast | 0g |

Can you get to 25g?

Use the table on the other page to see if you can get to 25g of fibre!

Breakfast

Morning snack

Lunch

Afternoon snack

Dinner

My high fibre goal:

What's one high fibre food you would like to eat more of?



Did you know?

Fibre has many benefits to your health including:

- reduce risk of diabetes
- reduce risk of heart disease
- helps keep you regular
- can help with weight control because you feel full longer