

LET'S GET FIBRE FIT

Where does fibre come from?

Fibre comes from the parts of plant foods that are non-digestible.

All plant foods contain a combination of different fibres and that's why it's important to eat a variety of plant foods every day.

How much fibre do I need?

Adults: 25-30 grams per day






Children (1-8 years): 14-18 grams per day

Children (9-18 years): 20-28 grams per day

Nutrient Reference Values, 2006.



How does fibre help keep me healthy?

-  Fibre helps you to feel fuller
-  Fibre promotes regularity and can help with constipation
-  Fibre feeds the good bacteria living in your gut to improve digestive balance
-  Fibre helps to control your blood sugar levels
-  Fibre helps to lower cholesterol levels

There are 3 main types:

- 1. Soluble fibre:** found in fruit, vegetables and grains. It is also found in psyllium, legumes and seeds. This type helps to regulate cholesterol and blood sugar levels.
- 2. Insoluble fibre:** comes from bran, nuts and fruit/vegetable skins. This type helps to keep you regular.
- 3. Fermentable fibre:** comes from grains, legumes, cooked cold rice and potatoes, unripe bananas, chicory and onions. This type helps to feed the good bacteria in your gut.

How do I get the right balance of fibres?

Try to have these every day.

- 2** serves of whole fruit, preferably with skin
- 3-5** serves of vegetables
- 4-6** serves of grains, preferably high fibre or whole grain
- 1** serve of nuts or legumes

Complement with lean protein, some dairy and healthy fats. Don't forget to drink water as you increase your fibre intake.

Based on serving sizes from the Australian Guide to Healthy Eating, 2013.
New Zealand serving sizes are similar.



What foods should I try?

Shopping List

Fruit & Veg	Fibre per serve	Pantry	Fibre per serve
<input type="checkbox"/> Apples	3g	<input type="checkbox"/> High fibre breakfast cereals	7g
<input type="checkbox"/> Peaches	2g	<input type="checkbox"/> Oats	4g
<input type="checkbox"/> Broccoli	3g	<input type="checkbox"/> Wholemeal/ Whole grain bread	4g
<input type="checkbox"/> Tomatoes	2g	<input type="checkbox"/> Lentils	4g
<input type="checkbox"/> Cauliflower	2g	<input type="checkbox"/> Canned chickpeas	4g
<input type="checkbox"/> Carrots	2g	<input type="checkbox"/> Almonds	2g
<input type="checkbox"/> Unripe bananas	3g	<input type="checkbox"/> Brown rice	1.5g
<input type="checkbox"/> Peas	4g	<input type="checkbox"/> Chia seeds	5g
<input type="checkbox"/> Sweet potato	3g		
<input type="checkbox"/> Potatoes	3g		

Fibre Fit Tip

- Add nuts, seeds and fruit to your fibre cereal
- Top salads with canned legumes
- Add oats or chia seeds to smoothies
- Prepare a rice salad using cooled rice, nuts and diced veggies

Health professional notes.

This resource is not meant to replace dietary advice provided by your health professional.
Please consult your doctor or dietitian before making changes to your diet or physical activity routine.