Weight Management

Has your doctor told you that you need to manage your weight?

If the answer is yes, you are not alone. Many Australians have to watch their weight and work towards being in a healthy weight range. Together with the dietary advice given by your doctor or dietitian, give fibre a try... it's easier than you think.

What's fibre got to do with weight?

There are some types of fibre that help to slow digestion and provide a filling effect. These fibres also help to control your blood sugar, helping you to manage your appetite more effectively.

How much fibre do I need?

25–30 grams per day

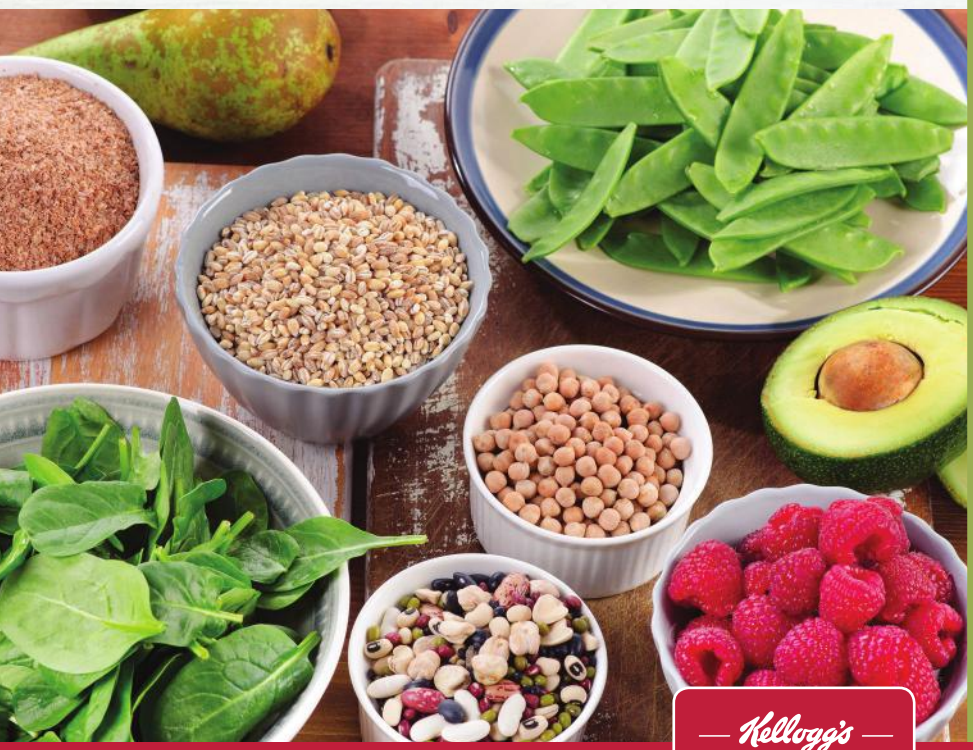
How much fibre is in common foods?

1 medium apple	3 g
1 cup broccoli	3 g
½ cup high fibre bran cereal	13 g
2 slices wholemeal bread	4 g
1 bowl oats	4 g
½ cup lentils	4 g
Handful of almonds	2 g

30 grams sounds like a lot, how can I do it?

It's actually easy. Fibre comes from plant foods, so having a few more of these will do the trick.

Getting a balance of fibres from vegetables, fruit, grains, nuts, seeds and legumes (that's beans and chickpeas) or pulses (lentils) is the perfect way to get all the benefits.



Why do I need a balance of fibres? Can't I just focus on one?

All plant foods contain a combination of different fibres and there are three main types:

Soluble fibre: helps to control cholesterol and blood sugar levels. You find this type in fruit, vegetables and grains such as oats and barley. It can also be found in psyllium, legumes and seeds.

Insoluble fibre: these fibres move all the way down to the colon where they help to make your stool heavier and easier to pass. In other words, they help you go to the toilet. You find this type in the bran of grains and in fruit and vegetable skins.

Fermentable fibre: these fibres feed all the little bugs in the intestine, which helps to keep a balanced digestive system and produce compounds that protect your bowel. You find this type of fibre in legumes (beans and chickpeas), cooked cold potatoes, rice, cereal grains and onions.

How do I achieve good fibre balance?

Try to have these every day and you will have the balance just right.

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

Eat the above, together with a diet containing lean protein, some dairy and healthy fats.

1 serve = 1 medium banana, ½ cup berries, 1 medium apple

1 serve = ½ cup of cooked vegetables, 1 cup of salad greens, 1 medium carrot

1 serve = ½ cup cooked porridge, ⅔ cup of breakfast cereal, ½ cup brown rice, 1 slice wholemeal bread

1 serve = ½ cup cooked legumes, small handful of nuts

Did you know that grain fibre may help with weight management?

Grains contain soluble fibres which form a gel in the digestive system, slowing digestion, filling you up and trapping sugars so they move into your blood slowly over time. The effect of this means fibre can help to control your appetite and manage hunger. A great partner for helping to manage weight.

Grain fibre may also help regulate your appetite by releasing specific gut hormones that induce satiety.[1-3]

So go with the grain every day.

Which grain foods contain soluble fibre to help with blood sugar control?

- Breakfast cereals containing whole grains such as oats and barley
- Breakfast cereals containing psyllium
- Oat porridge
- Muesli
- Cluster and granola products
- Whole grain crackers
- Wild rice
- Barley
- Millet

Other sources of soluble fibre are...

Beans, lentils | Soybeans (edamame) | Vegetables such as sweet potatoes, broccoli, carrots | Fruits such as apple, pear, banana | Almonds and flax seeds

1 Geliebter et al. Ann Nutr Metab 2015; 66: 96-103.
2 Bodinham et al. Br J Nutr 2013; 110: 1429-1433.
3 Hlebowicz et al. J Am Coll Nutr 2008; 27: 470-475.