

Weight Management Appetite

Fibre bulks up meals and helps to induce fullness

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

If the answer is yes, you are not alone. We all have to watch our weight and work towards being in a healthy weight range. Together with the advice given by your health professional, why not give fibre a try... its easier than you think.

What's fibre got to do with weight?

Fibre adds bulk to meals which can make foods more filling. There are some types of fibre that help to slow digestion which adds to the filling effect. These fibres also help to control blood sugar which is important for managing hunger.

How much fibre do I need?¹

Adults: 25 -30 grams per day

Children: 14-18 grams per day (ages 1-8 years)
20-28 grams per day (ages 9-18 years)

How much fibre is in common foods?

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



That sounds like a lot of fibre, 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, legumes (that's beans and chickpeas) and 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 the good 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 grains, legumes (beans and chickpeas), cooked cold potatoes and onions.



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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. Don't forget to drink water too.



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 = ¾ cup of breakfast cereal, ½ cup of cooked porridge, ½ cup of brown rice, 1 slice wholemeal bread



1 serve = ½ cup of 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 manage hunger. A great partner for helping with weight management.

Grain fibre may also help regulate your appetite by releasing specific gut hormones that induce satiety.^{2,4}

So go with the grain every day.



Which grain foods contain fibre to help with fullness?

- ☛ Fibre or whole grain breakfast cereals
- ☛ 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

Weekly Fill-Me-Up Shopping List

- ☐ 1 box high fibre or whole grain cereal
- ☐ 1 loaf wholemeal bread
- ☐ 1 bag oats
- ☐ 2 tins 3-Bean mix
- ☐ 1 tin chickpeas
- ☐ 1 bag lentils
- ☐ 1 bag frozen edamame (soybean)
- ☐ 2 sweet potatoes
- ☐ 1 head broccoli
- ☐ 1 bag fresh apples
- ☐ 1 bag unsalted mixed nuts and seeds

1. Nutrient Reference Values, 2006.
2. Geliebter et al. Ann Nutr Metab 2015; 66: 96-103.
3. Bodinham et al. Br J Nutr 2013; 110: 1429-1433.
4. Hlebowicz et al. J Am Coll Nutr 2008; 27: 470-475.

These fact sheets are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.