

HEALTH TIP

JANUARY

DIETARY FIBRE

2015



DID YOU KNOW?

Most Australians do not consume enough fibre. On average, most Australians consume 20-25g of fibre daily. The Heart Foundation recommends that adults should aim to consume approx. 25-30g daily. Good sources of fibre include wholegrain foods, grains, fruits and vegetables, lentils and legumes.



Benefits of a High Fibre Diet

- Assist with healthy weight maintenance
- Keeps the digestive system healthy
- Helps to control blood sugar (diabetes) and blood cholesterol levels
- Reduce risk of bowel cancer

Easy Ways to Increase your Fibre

- Choose breakfast cereals that contain barley, wheat or oats
- Make the switch to wholemeal, multigrain or rye breads
- Choose quinoa, brown rice and wholegrain pasta
- Aim to add an extra vegetable to every evening meal
- Snack smart - Choose fruit, dried fruit, nuts or wholemeal crackers
- Leave the skin on fruits and vegetables where possible

HIGH-FIBRE FILLERS to add to your diet

	Fibre content
2 small wholemeal pita bread pockets	8.6g
1 cup frozen mixed veg	8.6g
½ cup baked beans	8.2g
½ cup creamed corn	8.1g
Handful of dried figs (about 7)	8.4g
1 cup roasted sweet potato	7.2g
1 avocado	7.1g
1 bran muffin	6.3g
2 Weetbix-style biscuits	5.0g
Handful of dried prunes	5.4g
1 cup cooked broccoli	5.2g



Source: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Fibre_in_food?open

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