

Healthy Measures: Fibre 'Up' Your Diet

Did you know that dietary fibre provides many health benefits? Dietary fibre not only minimizes the risk of constipation, it also helps decrease the risk of diseases such as heart disease, cancer and diverticulosis.

Dietary fibre, a part of plant foods that cannot be digested by our body, promotes the feeling of fullness. Because it is not digested by the body, it can help people with type two diabetes control their blood sugars. Soluble fibre, such as oats, barley and lentils, also helps decrease blood cholesterol by absorbing cholesterol from the body and passing it out of the body.

If you want to meet the dietary fibre recommendations of 25 grams for women and 38 grams for men daily, try the following:

- Follow [Eating Well with Canada's Food Guide](#) by eating at least 7 to 10 servings of vegetables and fruit each day
- Include at least one or two servings of vegetables with your meals
- Start your day with a high-fibre cereal, choose one with at least four grams of fibre per serving — the [Nutrition Facts Table](#) will tell you how much fibre you will get from one serving
- Eat bean-based chili and soup once in awhile
- Throw some legumes, such as chickpeas and kidney beans, into your salads
- Eat unsalted nuts and seeds as your snack
- Choose whole grain breads, whole wheat pasta, brown rice, oats and barley

For more information:

[Nutrition Matters: Incredible Edible Fibre](#)

[Canadian Diabetes Association: The Benefits of Eating Fibre](#)

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!