



FIBRE FIXES

FIBRE, also known as roughage or bulk, is the part of plant food that is not digested or absorbed by the body. Fibre helps improve bowel regularity, feeds the gut's healthy bacteria and supports absorption of nutrients.

Adults need a minimum of 28 grams of fibre every day. That may sound like a lot, but here's an easy way to get started. Add 4 grams of fibre to your diet every 4 days, and eventually you will get to the recommended amount. It is important to increase your intake of fibre slowly, while at the same time, drinking more fluids. Water helps fibre work better and can prevent bloating, gas and diarrhea.

If you have discomfort, reduce the amount of fibre added to 2 grams.

Each of these fibre fixes provides **4 GRAMS OF FIBRE.**

INSTEAD OF ...	TRY
¾ cup flaked corn cereal	½ cup flaked bran cereal
½ cup corn (cooked)	½ artichoke (cooked)
½ cup potato chips	½ cup edamame (cooked)
¼ cup sour cream dip	¼ cup guacamole (pureed avocado)
ADD...	TO
1 tbsp ground flax seed	cereal
1 tbsp dried chia seeds	yogurt
¼ cup beans (navy, white, pinto)	soup or salad
¼ cup dried, shredded coconut	smoothies

Source: Canadian Nutrient File 2016



Foods with the nutrition claim "HIGH IN FIBRE" contain 4 grams of fibre per serving.

Food with the nutrition claim "EXCELLENT SOURCE OF FIBRE", "VERY HIGH IN FIBRE", "RICH IN FIBRE" contain 6 grams of fibre per serving.