

High Fibre Foods

Fibre is the indigestible part of plant food that pushes through our digestive system absorbing water and aiding in elimination. Eating a more plant based diet rich in whole grains, fruits, vegetables, nuts and seeds will provide you with plenty of healthy fibre.

HOW MUCH FIBRE? **25g**

Canadian women need 25 grams of fibre per day and men need 38 grams of fibre per day ¹

MOST CANADIANS ARE ONLY GETTING ABOUT HALF THAT MUCH.



BENEFITS OF FIBRE

- Helps elimination
- Lowers cholesterol levels
- Keeps you full longer
- Prevents constipation
- Manages type II diabetes
- Prevents hemorrhoids



SEEDS



Flax, Chia, Hemp, Sesame, sunflower and pumpkin seeds

Sprinkle seeds over cereal, oats, salads or add to smoothies

3 tbsp.
Hemp
3 g

NUTS



Eating Almonds, Walnuts, Brazil nuts, Pecans provides many health benefits

Nuts are highly nutritious and can fit into almost everyone's diet.

23 almonds
3.5g

WHOLE GRAINS



Oats, Brown Rice, Quinoa, Spelt, Kamut, Buckwheat are examples of whole grains

Whole grains are packed with nutrients, including protein, fiber, B vitamins,

1/2 cup
4g

FRUIT



Whole fresh fruits are associated with good health and a source of fiber.

Raspberries win the fiber race at 8 grams per cup.

1 cup
8g

VEGETABLES



Eat more dark leafy vegetables, carrots, celery, sweet potato, tomatoes

Vegetables are a great source of fiber. Eat a variety of them daily.

1 CUP
5 g

LEGUMES/BEANS



Some of the highest food sources of fiber come from beans and legumes

kidney, blackbean, white, pinto, split peas, lentils and chickpeas

1 CUP
16g

Most Canadians eat far less than the recommended 25 to 38 grams of fiber per day. Yet making rapid changes to your diet is not advised. Increase fiber gradually while also increasing your water intake to prevent digestive upset and allow your gastrointestinal tract time to adjust.

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HEALTH & WELLNESS

¹ <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>