

Dietary Fibre

Why should we aim for a diet high in fibre?

There are many health benefits which come from consuming foods high in dietary fibre:

- A diet high in soluble fibre is shown to decrease cholesterol levels
- Fibre is good for our gut health and helps manage constipation
- Digestion of fibre is slower, which makes us feel fuller for longer and helps stabilise our blood glucose levels, regulating appetite and weight

Recommendation: Adults should aim to consume 25-30g fibre/day

Different types of fibre from our food give us different health benefits:

| TYPES OF FIBRE | FOOD SOURCES |
|--|---|
| Insoluble: Indigestible part of plant foods | Wholegrains, seeds, nuts, bran, skins on fruit and vegetables |
| Soluble: Partially digestible part of plant foods | Oats, legumes, psyllium, barley, flesh of fruits and vegetables |
| Resistant starch: Promotes healthy bacteria in the gut | Unripe bananas, cooked and cooled potato, rice and pasta, whole grains, legumes |

Make some simple swaps to increase the fibre in your diet:

| LOW FIBRE OPTION | GRAMS OF FIBRE | HIGHER FIBRE OPTION |
|-----------------------------|----------------|----------------------------|
| Fruit with skin off (apple) | 2.5g → 4g | Fruit with skin on (apple) |
| White bread (2 slice) | 2g → 6g | Wholegrain bread (2 slice) |
| Chips (30g packet) | 1g → 3g | Nuts (30g serve) |
| Cornflakes (½ cup) | 0.7g → 6g | Oats (½ cup) |

*When increasing dietary fibre, do it gradually to minimise gut irritation such as bloating, wind, loose bowel movements. Drink plenty of fluid, preferably water.

TIPS TO TAKE TO HEART:

- ✓ Aim for 2 serves fruit and 5 serves vegetables a day
- ✓ Consume edible skins on fruit and vegetables, ensure thoroughly washed first
- ✓ Add salad vegetables to your sandwiches
- ✓ Add legumes (chickpeas, lentils) to soups, salads, casseroles and curries
- ✓ Choose multigrain/wholegrain breads and crackers
- ✓ Eat high fibre cereals such as porridge, muesli, bran or wheat biscuits
- ✓ Use hummus, tahini or natural nut butters as a spread
- ✓ When label reading choose:
Dietary Fibre: more than 5g per 100g



healthylivingNT

Darwin

Shop 1 & 2 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515
E:

info@healthylivingnt.org.au

Alice Springs

Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@
healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

Healthy Living NT
is the registered NT
licence holder for
Life. Be in it.



be here]

Life. Be in it.™