

Patient Guide Facts on Fibre

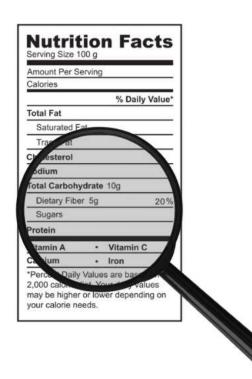
Clinical Nutrition

Name:	Date:		
Dietitian:	Contact Information:		

Fruits, vegetables, nuts, seeds, lentils, legumes and whole grains contain fibre which will keep you feeling full and satisfied. Fibre helps promote bowel regularity, healthy blood sugar levels, cholesterol levels and a healthy weight.

HIGH FIBRE FOODS nuts/seeds lentils hummus nut butter flax psyllium popcorn brown rice oats whole grain bread bran cereal whole grain pasta berries whole fruit all vegetables (fresh/canned/frozen) avocado sweet potato

Fibre - 2021 1 of 2



Your daily fibre goal.

TIP#1

When choosing a grain product such as cereal, crackers, pasta, bread, granola bars, look for **4g of fibre** or more per serving *most often*.

TIP#2

Add vegetables to casseroles, soups, sandwiches, wraps and pasta dishes to increase fibre content.

TIP#3

Add lentils/legumes to chili, soups, casseroles, pasta sauce. Try hummus as a sandwich spread.

TIP#4

grams

Add berries, nuts/seeds to your oatmeal or yogurt.

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Notes:		

This information is not intended to take the place of medical advice.

Contact your Registered Dietitian or health care provider for more information.

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Fibre - 2021 2 of 2