

Increasing Your Fibre



Let's learn about it

Fibre is important for good health. Many foods have fibre. There are **2 types** of fibre: insoluble and soluble.

Insoluble fibre

- Comes from vegetables, fruit skins and the outer part of whole grains.
- Helps stool (poop) move through your gut.
- Helps prevent constipation, hemorrhoids and colon cancer.

Soluble fibre

- Comes from beans, vegetables, fruit, oats and other grains.
- Takes unhealthy cholesterol out of the body.
- Helps control diabetes; reduces the risk of heart attack and stroke.
- Helps keep water in the gut. This softens stool (poop) and prevents constipation.

Let's learn what to do

✓ Drink healthy fluids and add fibre slowly

- Make water your main drink.
- Adults should drink at least 7 - 10 cups of water every day.
- Drink other healthy fluids such as milk. Adults should drink 2 cups of milk each day.
- Add foods with fibre to your diet slowly.
- Try to add a bit more fibre to your diet every day.



Nutrition tips


Country foods with fibre

- Caribou stomach contents
- Wild greens, shoots and roots
- Berries
- Seaweed, arctic kelp



Tips

Good fibre choices

Vegetables and fruit	<p>Vegetables</p> <ul style="list-style-type: none"> • Potatoes, sweet potatoes • Broccoli, carrots, celery, corn • Dark green, leafy vegetables like spinach • Green peas • Mushrooms • Tomatoes • Pumpkin <p>Fruit</p> <ul style="list-style-type: none"> • Peaches • Bananas, oranges, kiwis • Berries, all kinds • Dried fruit: Prunes, dates, apricots, raisins 	<ul style="list-style-type: none"> • Eat vegetables and fruit at every meal. • Vegetables and fruit can be fresh, frozen, dried or canned. • Rinse canned vegetables to get rid of salt. • Eat the skins of vegetables and fruit whenever possible. • Buy canned fruit packed in its own juice or water. • Use unsweetened frozen berries. • Eat whole fruit instead of drinking juice. • Add mashed bananas, pumpkin, applesauce or dried fruit to baking.
Grain products	<ul style="list-style-type: none"> • Brown rice • Ground flax seed • Oat bran • Oatmeal and bran muffins • Low-fat popcorn • Whole grain bread, buns, pita • High fibre cereals: Bran buds or sticks, bran flakes, corn bran, oatmeal, puffed wheat, wheat squares 	<ul style="list-style-type: none"> • Choose 100% whole grains. • Use half whole wheat flour in recipes. • Add wheat bran or germ to oatmeal, cereal, meatballs, meatloaf, yogurt and baked goods. • Switch white rice for brown rice.
Meat and alternatives	<ul style="list-style-type: none"> • Beans, all types • Nuts, all types • Peanut butter, nut butters • Seeds, all types 	<ul style="list-style-type: none"> • Add beans to your stew or extra kidney beans to your chili. • Add nuts to salads and cereals. • Add almonds or peanuts to stir-fries. • Have a handful of nuts as a snack.

Meal ideas



Breakfast

Oatmeal with bran sticks and banana, water, coffee with milk.




Lunch

Homemade soup with beans, berries, water, milk.

Snack

Yogurt parfait with bran flakes and canned fruit, tea.




Supper

Chili with extra kidney beans, water, milk.




Snack

Low fat popcorn, water.