

Increasing Fibre Intake



Disclaimer: No information in this guide is intended to be used or relied on as medical advice, or to diagnose, treat, or cure any medical condition. Users are responsible for making their own enquiries and should seek independent advice from a qualified healthcare professional before relying on any information provided.

Increasing Fibre Intake

What is fibre?

Dietary fibre is the part of plants that are edible, but not digestible by the stomach and small intestine. They are instead broken down by bacteria in the large intestine. It is recommended for women to aim for 25g of fibre per day and for men 30g of fibre per day.¹

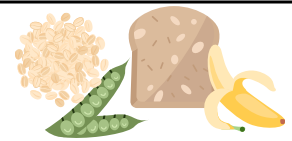
Why do I need fibre?

Eating enough fibre leads to many health benefits, including:

- Improving your blood sugar and cholesterol levels;
- Maintaining regular bowel movements; and
- Helping with body weight management by regulating your appetite, keeping you fuller for longer.



| Type of fibre | What do they do? | Where can I find them? |
|------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Soluble fibre | Absorbs water, creating softer stool | Oats and seeds Lentils and legumes Vegetables and fruit flesh Psyllium husk (Metamucil) |
| Insoluble fibre | Adds bulk to the stool, speeds up stool movement through the digestive system, and helps with constipation | Wholegrain products (e.g. breads, pasta, brown rice, quinoa, cereals) Wheat bran and rice bran Skin and seeds of fruits and vegetables Nuts and seeds (e.g. flaxseed, chia) |
| Resistant starch | Feeds the good bacteria in the digestive system | Legumes Oats Slightly green banana Cooked and cooled pasta, rice, quinoa, and potato |



How Much Fruit and Veg Should I Eat Each Day?

- Eat **at least 5 serves of vegetables** each day²
 - 1 serve = 1 cup raw vegetables or ½ cup cooked
 - Fresh, frozen, dried, or low salt canned
- Eat **2 serves of fruit** each day³
 - 1 serve = 1 medium piece of fruit (e.g. banana, apple), 2 smaller pieces of fruit (e.g. apricots, kiwi), or 1 cup canned fruit
 - Fresh, frozen, or canned in natural juice

References:

1. National Health and Medical Research Council. Dietary fibre. Eat for Health. Published 2006. <https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/dietary-fibre>
 2. Eat for health. Vegetables and Legumes / Beans | Eat For Health. Eatforhealth.gov.au. <https://www.eatforhealth.gov.au/food-essentials/five-food-groups/vegetables-and-legumes-beans>
 3. Eat For Health. Fruit | Eat for Health. Eatforhealth.gov.au. Published 2012. <https://www.eatforhealth.gov.au/food-essentials/five-food-groups/fruit>

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Easy high-fibre food swaps (per serving size)

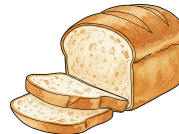
Bread & Grains



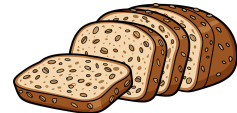
White rice
(½ cup cooked)
≈ 0.5 g



Brown / multigrain rice
(½ cup cooked)
≈ 3 g



White bread
(1 slice)
≈ 0.5 g



Wholemeal / wholegrain bread
(1 slice)
≈ 2 g

Add legumes, lentils, nuts & seeds



Casseroles/stew
/soup



½ cup Lentils
≈ 7 g



Chicken
wrap



60g Hummus
≈ 5 g



Tuna
salad



½ cup Beans/lentils
≈ 8 g



Salads



Cereal



Yoghurt



30g Nuts
≈ 3 g



30g Seeds
≈ 3 g

Snacks



Fruit juice
(250mL)
≈ 0.5 g



Whole fruit
≈ 3 g



Potato chips
(1 cup)
≈ 1 g



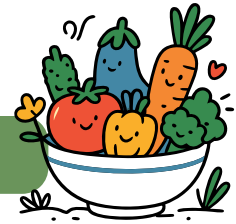
Home-made salsa & air-popped corn
(30g) (3 cups)



≈ 4 g

How Fibre-Friendly is Your Diet?

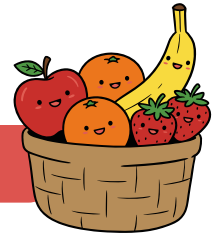
Check your habits and add up your points!
Tick the boxes that best match your diet.



Vegetables

How many serves of vegetables do you eat per day?

- Less than 2 serves (0 points) 2 - 3 serves (2 points)
 4 to more than 5 serves (3 points)



Fruits

How many serves of fruits do you eat per day?

- None (0 points) 1 serve (2 points) 2 serves (3 points)

Wholegrains



How often do you choose whole grains? (i.e., wholemeal/wholegrain bread, wholemeal pasta, brown rice)

- Rarely (0 points) Sometimes (2 points) Most of the time (3 points)

Legumes/Lentils



How often do you eat legumes or lentils? (i.e., chickpeas, kidney beans, brown/red/green lentils)

- Rarely (0 points) 1-2 times/week (2 points)
 More than 3 times/week (3 points)

Nuts & Seeds



How often do you eat nuts and/or seeds?

- Rarely (0 points) 1-2 times/week (2 points)
 More of the time (3 points)

Your score: ___/15

0 - 4 = Low fibre

More vegetables, fruits, and wholegrains!

5 - 10 = Moderate fibre

Good start, keep it up!

11 - 15 = High fibre

Fantastic, you're a fibre all-star!