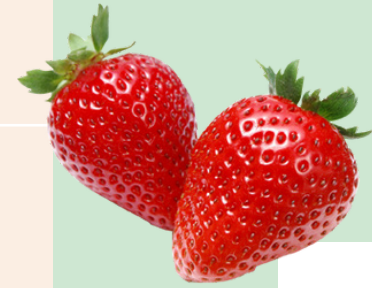




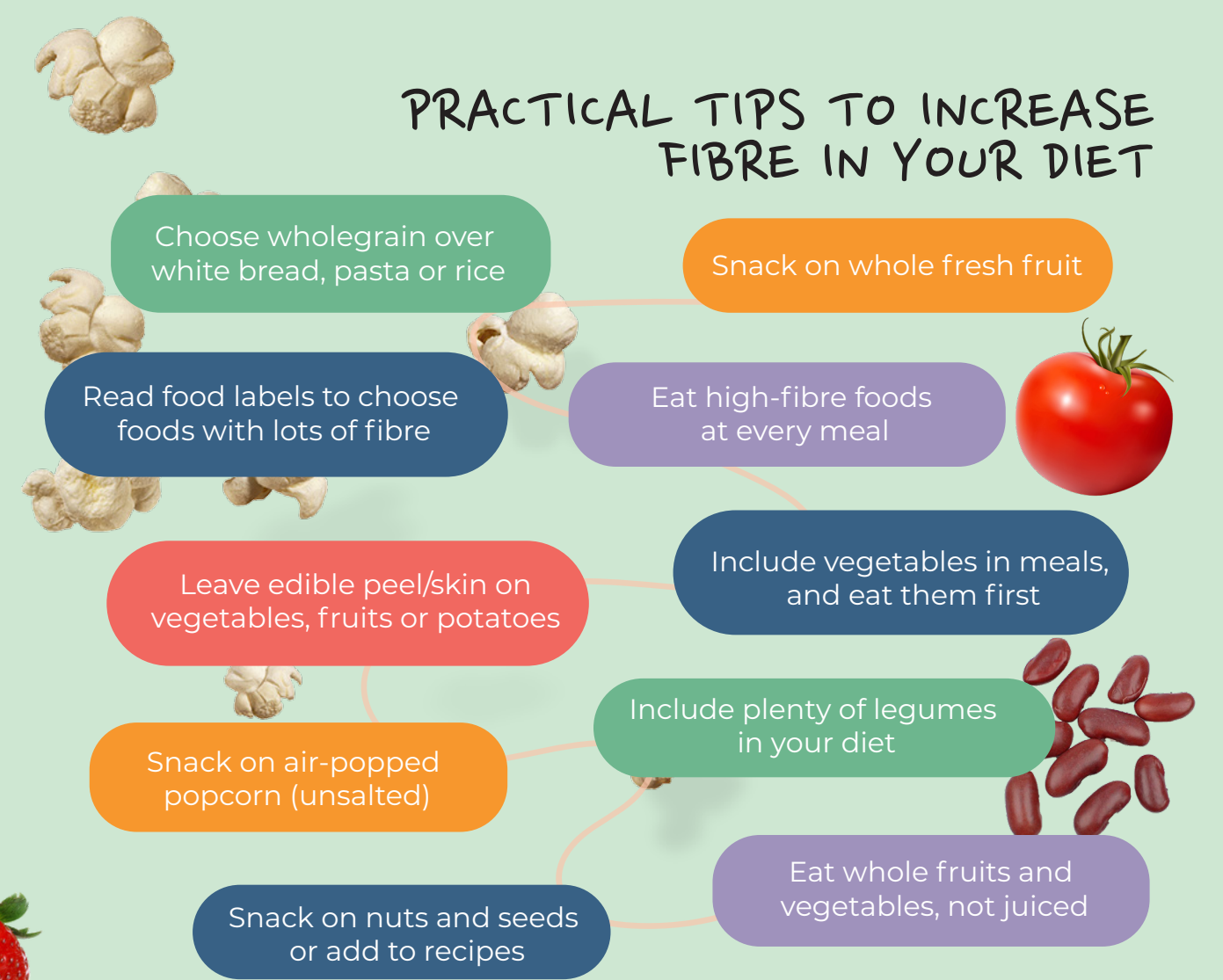
EXAMPLES OF FOODS TO CHOOSE TO PROVIDE YOU WITH AT LEAST 30G OF FIBRE IN A DAY

(All amounts are approximate)

	Portion size	Fibre per portion (g)
Breakfast Oats with skimmed milk Strawberries	40g 7	3.6g 3.2g
Snack 1 Banana or Apple	1 medium size	2g
Lunch Wholemeal spaghetti (boiled) Suggestion: add a tomato based sauce, legumes and vegetables.	150g	5g
Snack Wholemeal bread Suggestion: add 50g ricotta, sliced tomatoes, sliced cucumber and spinach.	2 slices	4g
Dinner Chicken breast Mixed frozen vegetables Jacket potato	100g 160g 80g	0g 4.2g 2g
Snack Orange Air-popped popcorn	1 medium size 30g	3g 5g
Total		32g



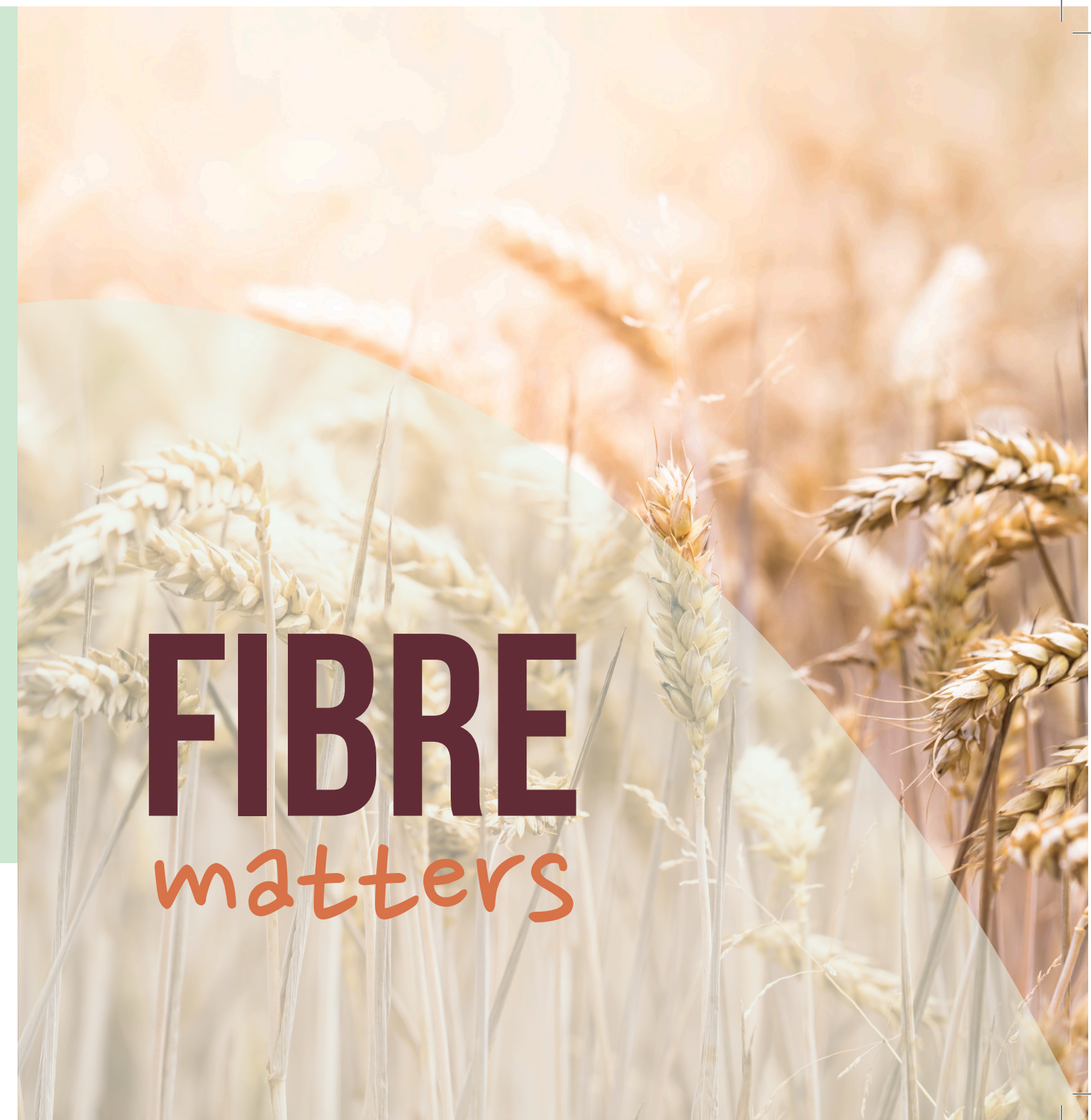
PRACTICAL TIPS TO INCREASE FIBRE IN YOUR DIET



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH



Health Promotion & Disease
Prevention Directorate



FIBRE

matters

WHAT IS DIETARY FIBRE?

Dietary fibre, also known as “roughage”, is a type of complex carbohydrate that keeps the digestive system healthy. It is found in wholegrains, vegetables, fruit, beans, legumes, seeds, nuts and tubers. Dietary fibre cannot be broken down, digested or absorbed by the body because the body lacks the ability to do so. Dietary fibre is not found in animals or in dairy products. Fibre is found in the cell walls of plants and functions like a skeleton for the plants to help maintain their shape and structure.

DIETARY FIBRE IS ONLY FOUND IN PLANT-BASED FOODS SUCH AS:



WHOLEGRAINS

Wholewheat, wholemeal bread, wholegrain rice, wholegrain pasta, barley, couscous, quinoa, bulgur wheat, oats, millet, popcorn, buckwheat



TUBERS

Potatoes, sweet potatoes & yams



LEGUMES

Cooked beans, lentils, peas & chickpeas



NUTS & SEEDS

Raw or unsalted roasted nuts & seeds



VEGETABLES

Raw, cooked or frozen



FRUITS

Fresh or frozen

TYPES OF DIETARY FIBRE

There are three types of dietary fibre. They all have different functions and health benefits. We need to include all three types in our daily meals.

1. SOLUBLE FIBRE

dissolves in water to form a thick gel-type material in our stomach and intestines. Soluble fibre is found in vegetables, fruit, oats, barley and legumes.

2. INSOLUBLE FIBRE

does not dissolve in water but absorbs it. It passes through our intestines in the same form that we eat it. Insoluble fibre is found in wholegrain bread and cereals, nuts, seeds and the skin of fruit and vegetables.

3. RESISTANT STARCH

is not digested in the small intestine and instead moves into the large intestine where it can assist good bacteria to develop and improves bowel health. Resistant starch is found in undercooked pasta (al dente), cooked and cooled potatoes and rice.

WHY IS DIETARY FIBRE IMPORTANT

DIETARY FIBRE

- **Improves** digestion and regular bowel movement
- **Absorbs** water and swells to increase bulk to the stools
- **Delays** stomach emptying
- **Slows** digestion
- **Speeds up** the passage of food and waste through the intestines
- **Has** a laxative effect
- **Delays** glucose absorption, thus regulates blood glucose levels
- **Helps** lower blood pressure and bad cholesterol (LDL)
- **Helps** reduce the risk of heart disease and other chronic diseases
- **Feeds** the good bacteria in the gut (intestines) which will make you resistant to infections
- **Contributes** to better mental health and wellbeing as fibre feeds the good bacteria in the gut
- **Reduces** the risk of colon and breast cancer
- **Makes** you feel fuller; thus helps control weight

HOW MUCH DIETARY FIBRE DO WE NEED?

Age (years)	Recommended intake of fibre
2-5	15g per day
5-11	20g per day
11-16	25g per day
17 and over	30g per day

NUTRITION TYPICAL AVERAGE VALUES

	Per 100g	Per 40g Serving
Energy	1684Kj/399Kcal	505Kj/120Kcal
Fat	6.5g	2g
Of which saturates	1g	0.3g
Carbohydrates	72g	22g
Of which sugars	14g	4.2g
Fibre	7.2g	2.2g
Protein	9.5g	2.9g
Salt	0.30g	0.10g

THINGS TO WATCH OUT FOR

Increase the amount of fibre in your diet gradually. A quick change from a low-fibre to a high-fibre diet can cause tummy pain, bloating, cramps and gas. It is important to drink plenty of fluid at regular intervals to allow fibre to do its job properly. It is best to add fibre to the diet from food sources to gain all health benefits rather than from fibre supplements.



CHOOSE FOOD HIGH IN FIBRE

- Foods that contain 3g of fibre or more per 100g are considered a source of fibre.
- Foods that contain 6g of fibre or more per 100g are considered high fibre foods.

