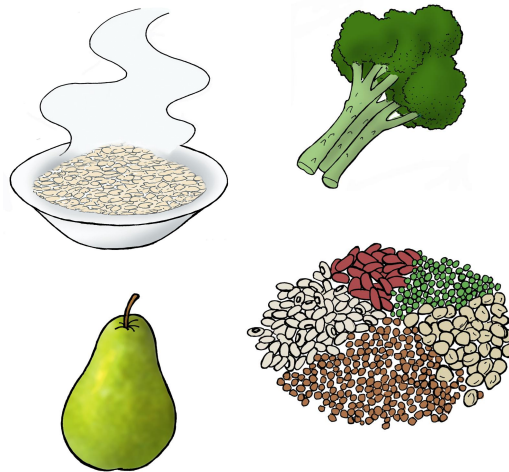


The Secrets of Soluble Fibre



UHN

By eating more than 10g of soluble fibre each day, you can reduce your LDL-cholesterol and improve your blood sugar control.



What is soluble fibre?

“Dietary fibre” is the part of plant food that people cannot digest. Fibre is either soluble or insoluble. **Soluble fibre** is the type of fibre that dissolves in water.

Soluble fibre can benefit your health

1. Low-density lipoprotein (LDL) cholesterol raises your risk of heart disease. You can reduce your LDL cholesterol by eating more than 10 grams of soluble fibre each day.
2. If you have diabetes, eating foods high in soluble fibre may help you to control your blood sugar, which can reduce your risk of diabetes related complications.

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Soluble fibre: are you getting enough?

Health Canada recommends eating 25 to 38 grams of fibre each day.

Eat **10 grams or more** of dietary fibre in the form of soluble fibre to reduce your LDL-cholesterol and improve your blood sugar control.

Major sources of soluble fibre include:

- Legumes
- Oat bran and oatmeal
- Barley
- Vegetables
- Fruit
- Psyllium fibre

Foods rich in soluble fibre

Food	Serving size	Total fibre (g)	Soluble fibre (g)
Legumes			
Kidney beans	½ cup	5.8	2.9
Soybeans	½ cup	5.1	2.3
Navy beans	½ cup	5.8	2.2
Pinto beans	½ cup	7.4	1.9
Chickpeas	½ cup	6.2	1.3
Vegetables			
Artichoke	1 medium	6.5	4.7
Brussels sprouts	½ cup	3.3	2.0
Sweet potatoes	½ cup	3.8	1.4
Broccoli	½ cup	1.4	1.2

Food	Serving size	Total fibre (g)	Soluble fibre (g)
Peas	½ cup	4.3	1.2
Eggplant	½ cup	1.3	0.4
Fruit			
Orange	1 medium	4.4	2.6
Pear	1 medium	4.0	2.2
Apple	1 medium	5.7	1.5
Mango	1 medium	3.7	1.5
Strawberries	½ cup	1.9	0.5
Cereals & grains			
All bran buds	⅓ cup	12.7	3.0
Oatmeal	¾ cup	2.9	1.4
Cheerios	1 cup	2.6	1.2
Barley	½ cup	4.2	0.9
Pumpnickel bread	1 slice	1.5	0.8

Source: <http://www.feinberg.northwestern.edu/nutrition/factsheets/fiber.html>



A high fibre sample menu

Meal	Total fibre (g)	Soluble fibre (g)
Breakfast		
Oatmeal (1 ½ cup)	5.7	2.7
Orange (1 medium)	4.4	2.6
Yogurt (¾ cup)	-	-
Flaxseeds (2 tbsp ground)	4.2	1.2
Total for breakfast	14.3	6.5
Lunch		
Salad with:		
Romaine (1 cup)	0.9	0.3
Tomato (½ cup)	0.9	0.0
Carrots (6 baby)	2.8	1.4
Chickpeas (½ cup)	6.2	1.3
Vinaigrette (2 tbsp)	-	-
Whole grain bread (1 slice)	1.8	0.3
with margarine (1 tsp)	-	-
Peach (1 medium)	3.2	1.3
1% Milk (1 cup)	-	-
Total for lunch	15.9	4.6
Dinner		
Brown rice (⅔ cup)	2.3	0.1
Cauliflower (½ cup cooked)	1.7	0.4
Broccoli (½ cup cooked)	1.4	1.2
Salmon (150 g)	-	-
Pear (1 medium)	4.0	2.2
Water	-	-
Total for dinner	9.4	3.9
Total for day	39.5	15.0