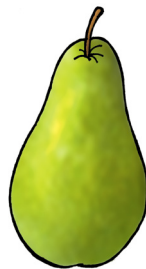
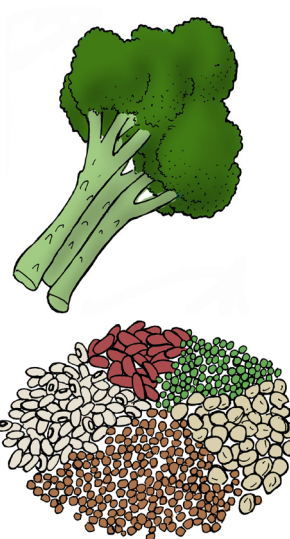


Improving Your Health with Soluble Fibre

Information for patients and families

Read this information to learn:

- what soluble fibre is
- how it improves your health
- which foods are good sources of soluble fibre



What is soluble fibre?

Fibre is the part of plant food that people can't digest. There are two kinds of fibre: insoluble and soluble. Most foods with fibre have both kinds.

Insoluble fibre adds bulk and helps you have regular bowel movements.

Soluble fibre dissolves in water. When water is added to soluble fibre, the food thickens and becomes like gel. Soluble fibre can help slow down your digestion of food.

How does soluble fibre improve my health?

Eating **at least 10 grams** of soluble fibre every day can help:

- reduce your LDL cholesterol (a kind of fat) in your blood. LDL cholesterol increases your risk of heart disease.
- control your blood sugar. This can reduce your risk of health problems from diabetes.
- manage problems like diarrhea by slowing down your digestion of food



Health Canada says people over 18 years old should eat 21 to 38 grams of fibre each day. Remember to increase the amount of fibre you eat slowly and drink lots of fluids. This will prevent gas, bloating and diarrhea.

Good sources of soluble fibre include:

- legumes (such as beans and lentils)
- cereals and grains (like oat bran, oatmeal or barley)
- fruit and vegetables
- psyllium fibre

The amount of soluble fibre in some common foods:

Food	Serving size	Total fibre (in grams)	Soluble fibre (in grams)
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
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 and grains			
All Bran Buds	1/3 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
Pumpernickel bread	1 slice	1.5	0.8

A high fibre sample menu:

Meal	Total fibre (in grams)	Soluble fibre (in grams)
Breakfast		
oatmeal (1½ cups)	5.7	2.7
orange (1 medium)	4.4	2.6
yogurt (¾ cup)	–	–
flaxseeds (2 tablespoons 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 tablespoons)	–	–
whole grain bread (1 slice)	1.8	0.3
with margarine (1 teaspoon)	–	–
peach (1 medium)	3.2	1.3
1% milk (1 cup)	–	–
Total for lunch	15.9	4.6
Dinner		
brown rice (2/3 cup)	2.3	0.1
cauliflower (½ cup cooked)	1.7	0.4
broccoli (½ cup cooked)	1.4	1.2
salmon (150 grams)	–	–
pear (1 medium)	4.0	2.2
water	–	–
Total for dinner	9.4	3.9
Total for day	39.5	15.0

Important: This is not a full list of brands or products. The University Health Network does not recommend one brand over another and is not responsible for any products listed. Please contact each company directly to find out more about their products.

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