

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 sources of soluble fibre
- tips on how to increase soluble fibre in your diet



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.
- maintain bowel health by maintaining bowel regularity



Health Canada says people over 18 years old should eat 25 grams to 38 grams of total fibre per day.

The foods below are good sources of total and soluble fibre

Food	Serving size	Total fibre in grams
Legumes, boiled		
kidney beans	½ cup	6.0
soybeans	½ cup	5.7
navy beans	½ cup	6.5
pinto beans	½ cup	8.1
chickpeas	½ cup	4.0
edamame	½ cup	4.0
lentils	½ cup	4.5
black beans	½ cup	8.1
Vegetables		
artichoke, marinated	1 cup	4.8
Brussels sprouts, raw	8 sprouts	6.2
sweet potato, baked	1 cup	7.0
broccoli, raw	1 cup	2.2
peas	1 cup	7.8
carrot, raw, large	72 gr	1.8
beet, raw	82 gr	1.6
eggplant, cubed	1 cup	2.6
okra, raw	10 pods	4.0

Fruit		
orange, all varieties	1 med (131 gr)	2.3
avocado	200 gr	13.5
pear, with skin	1 med (178 gr)	5.3
apple, with skin	1 med (182 gr)	3.5
mango	1 med (207 gr)	3.3
strawberries, whole	1 cup	3.4
raspberries	1 cup	8.4
Cereals and grains		
All Bran Buds	⅓ cup	11
oatmeal, cooked	1 cup	4.9
Cheerios, plain	1 cup	3.2
oat bran, cooked	1 cup	4.9
barley, cooked	1 cup	4.1
quinoa, cooked	1 cup	5.5
pumpernickel bread	1 slice (35 gr)	2.2
Shirataki noodles	85 gr	3
Nuts and seeds		
flax seed, ground	15 ml	1.9
pistachios	¼ cup	3.1
almonds	¼ cup	3.6
walnuts	¼ cup	1.7
sunflower seeds, hulled	¼ cup	3.1
pumpkin seeds, hulled	¼ cup	2.1

Nuts and seeds		
chia seeds	15 ml	3.7
Psyllium husks (e.g. Metamucil)	1 tbsp	3
Acacia fibre	1 tbsp	6
Partially hydrolyzed guar gum (e.g. SunFiber, Fibre 4)	7 gr	6
Konjac powder	1 tsp	5

Tips on how to increase your soluble fibre intake:

Adding large amounts of fibre too quickly can increase gas, bloating and diarrhea.

- ✓ Remember to increase the amount of fibre you eat slowly
- ✓ Drink plenty of fluids



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