

FIBRE AND BARIATRIC SURGERY

What Is Fibre?

- Fibre is important to maintain bowel regularity, and helps keep you feeling fuller for longer
- Fibre can be found in fruits, vegetables, beans, lentils, nuts, seeds, and whole grains.

Increasing Your Fibre Intake

- **Have fibre in every meal and snack:**
 - Add berries to your yogurt
 - Have hummus with your favorite veggies
 - Try whole-grain crackers with low-fat cheese
- **Have whole grains more often:**
 - Try brown rice or wild rice instead of white rice
 - Have oatmeal with fruit and almonds for breakfast
 - Try adding barley to a beef stew
- **Include beans and lentils more often:**
 - Try having roasted chickpeas as a snack, adding pinto beans to your chili, or having a lentil stew or curry as a meal
- **Fibre and fluid:**
 - As you increase your fibre intake, remember to drink 6 - 8 cups of water every day



Use Food Labels to Choose High-Fibre Foods

Nutrition Facts Valeur nutritive	
Per 1/3 cup (40 g) / pour 1/3 de tasse (40g)	
Calories 160	% Daily Value * % valeur quotidienne *
Fat / Lipides 3 g	4 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Pick foods with at least 2 g of fibre per serving more often

The higher the % DV, the more fibre there is per serving

If it is hard for you to get fibre from food, speak with your Bariatric Care Team about using fibre supplements

SOURCES OF FIBRE

Fruits and Vegetables

Avocados



Green Peas



Apples and Pears



Broccoli



Blueberries



Raspberries



Blackberries



Carrots



Grains and Starches

Bran Cereal and Large Flaked Oatmeal Baked Potatoes, Sweet Potato, and Squash



Whole Grains (Bread, Brown Rice, Whole Wheat Pasta, Quinoa, Barley, Corn)

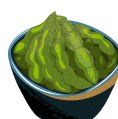


Legumes, Nuts, and Seeds

Seeds (Chia, Pumpkin)



Beans, Lentils, and Edamame



Nuts and Butters



Need Some Snack Ideas With Fibre?

Listen to your body to help choose portion sizes that are right for you.



Low-Fat Cheese +
Whole Grain Crackers



Greek Yogurt + **Berries** +
Almonds



Apple + Peanut
Butter

Don't see your favourite fruit or veggie above? That doesn't mean you shouldn't eat it! Including a mix of the fruits and veggies you enjoy and the ones found above will help you get enough fibre from your diet.