



Fibre fast facts for busy bodies

by accredited nutritionist Catherine Saxelby

7 REASONS WHY YOU SHOULD EAT MORE FIBRE

1 LONG TERM HEALTH

Fibre can help prevent many of the illnesses of later life like gallstones, bowel (colon) cancer, haemorrhoids and diverticulitis.

2 STAY REGULAR

A high-fibre diet helps keep you regular and prevents constipation. You won't need to rely on laxatives or enemas.

3 FLUSH OUT CHOLESTEROL

Soluble types of fibre like oats, barley and lentils can remove cholesterol from the body.

4 GROW YOUR OWN BACTERIA

Fibre encourages the growth of 'friendly' bacteria and short-chain fatty acids which prevent tumours and polyps forming.

5 SLOW IT DOWN

Soluble fibres slow the absorption of glucose, so it 'trickles' into the bloodstream, calling for less insulin – good for diabetes. Many high-fibre foods like fruit and grainy breads are also low GI.

6 CUT OUT FAT

High-fibre foods are generally low in fat.

7 LOSE WEIGHT EASILY

High-fibre foods make dieting easier. They require chewing and help you feel full on fewer kilojoules (calories). Fibre can also block the full number of kilojoules absorbed into the body.



Fibre doesn't have to mean crisp and crunchy. Many high-fibre foods like baked beans and banana are soft and mushy!

FACT – Eating more fibre is one of the simplest ways to improve your daily diet. In fact, fibre was probably responsible for the old saying: "An apple a day keeps the doctor away!"



Q. HOW MUCH DO I NEED EVERY DAY?

Surveys show we only eat about two-thirds of the amount of fibre we should be eating.

ADULTS

Aim for 30 to 40 grams a day.
Reach this goal by selecting:

- + a bowl of bran cereal
- + 2 slices wholemeal or grain bread
- + 2 pieces of fruit
- + 1 serve of vegetables
- + 1 cob of corn



CHILDREN

Use the Age + 5 rule. Simply add 5 to their age to come up with the grams of fibre they should eat. For example, a 10 year old would need 10 + 5 = 15 grams of fibre a day.

Here's how:

- + 2 wholewheat breakfast biscuits
- + 1 slice white high-fibre bread
- + 1 piece of fruit
- + a small can of baked beans



EASY SWAPS FOR MORE FIBRE

Small changes to the food you select can make a difference to your total fibre intake. See how easy it is to increase your fibre intake.

| INSTEAD OF | TRY |
|---|--|
| Juice  | <ul style="list-style-type: none"> • Whole oranges or pears cut into quarters • Fruit platter |
| Rice Bubbles Corn Flakes  | <ul style="list-style-type: none"> • Weet-Bix, Vita Brits • Sprinkle 1 tablespoon wheat bran or oat bran over your favourite cereal • Rolled oats, muesli |
| White bread  | <ul style="list-style-type: none"> • Wholemeal bread • Grainy bread • Rye bread • Pumpernickel • Rye crispbread |
| Cake  | <ul style="list-style-type: none"> • Bran and apple muffin or replace ¼ cup of flour in your recipes with oat bran or psyllium |
| White rice  | <ul style="list-style-type: none"> • Brown rice • Baked jacket potato • Corn-on-the-cob • Add ½ cup peas to your rice |
| Ice cream & flavouring  | <ul style="list-style-type: none"> • Ice cream with fruit salad |
| Sweet biscuits  | <ul style="list-style-type: none"> • Oatmeal biscuits • Fruit cake • Dried fruit and nut snack pack |
| Chips  | <ul style="list-style-type: none"> • Peanuts • Corn chips |

RECIPE MAKEOVER

Beef casserole with rice

- 1 tbsp oil
- 1 onion, chopped
- 2 cloves garlic
- 750g diced lean beef
- pinch paprika
- 1 cup beef stock
- 1 cup red wine
- 2 tbsp sour cream



Serve with boiled white rice, garlic bread, steamed zucchini

HERE'S 4 EASY WAYS TO TURN THIS RECIPE FROM LOW-FIBRE TO HIGH-FIBRE:

» Fibre booster No 1

Add ½ cup red kidney beans to the casserole at the end of cooking time before serving. Cut back on the quantity of beef – from 750g to 500g

» Fibre booster No 2

Switch to brown rice OR use white rice but toss through some fresh or canned corn kernels

» Fibre booster No 3

Serve with rye bread, not garlic

» Fibre booster No 4

Swap zucchini for peas or carrots or beans

NATURAL HELP

Certain foods contain natural compounds that have a laxative effect ranging from mild to strong. Try these high-fibre foods before resorting to laxatives:

- prunes
- prune juice
- senna pod tea
- raisins
- liquorice
- liquorice tea
- dried figs
- psyllium husks



Produced by nutritionist **Catherine Saxelby** to help busy people eat better and look after their health. You can find more handy tips, articles and quick recipes at Catherine's website www.foodwatch.com.au Catherine Saxelby is an award-winning food writer and author of *Nutrition for Life* and *Zest Cookbook* (Hardie Grant Books).

