



## ***PATIENT INFORMATION***

# **Higher Fibre Eating**

Fibre occurs naturally in all plant foods and when eaten regularly will help towards better health.

There are two types of fibre:

- Soluble
- Insoluble

Both types of fibre are an important for health

### **Soluble fibre**

This is present in; pulses (such as baked beans, other beans and lentils) oats, fruits and many vegetables. Soluble fibre is digested in the small bowel, making your stool more formed without increasing bulk significantly. It also helps to control the amount of cholesterol in your blood.

### **Insoluble fibre**

This is the indigestible component of some foods, such as bran, potato skins, wholemeal bread, wholewheat pasta, fruit and vegetable skins and brown rice. It makes your stool bulkier and less dense, allowing it to pass along the digestive tract more easily. It also makes you feel fuller, which is helpful if you are trying to lose weight.

### **How can I increase the fibre in my diet?**

#### **Wholemeal (wholewheat) bread**

The highest fibre breads are Wholemeal, wholewheat or high fibre white. Granary, soft grain and "Best of Both®" breads are higher in fibre than white bread, but not as high as wholemeal bread. Bread labelled 'brown' and 'white' bread are low in fibre

#### **Wholegrain breakfast cereals**

Higher fibre breakfast cereals include Bran Flakes®, All Bran®, porridge, muesli, Shredded Wheat®, Fruit and Fibre®, Weetabix®

## **Wholemeal (wholewheat) Flour**

Use wholemeal flour (or a combination of white and wholemeal) to replace white flour for making bread, pastry, scones, pudding, fruit cake. You may need to change your recipes and add more liquid.

## **Wholemeal crispbreads and biscuits**

Choose crispbreads or biscuits made from the wholegrain such as Ryvita®, high fibre crackers, oatcakes and muesli bars.

## **Brown rice and wholewheat pasta**

Try substituting white rice and pasta for brown or wholewheat varieties.

## **Pulses and beans**

Try substituting some of the meat in meals with beans, lentils and other pulses. They can also be used in soups, stews and casseroles to increase the fibre content.

## **Fruit and Vegetables**

Aim for 5 portions of fruit and vegetables each day. Have some fruit and vegetables at each meal and as snacks. The skins where edible are particularly high in fibre.

## **Dried fruit, nuts and seeds**

Eat these as snacks instead of sweets and crisps. Use nuts and seeds in baking, with main course meals and salads to increase your intake of fibre.

## **When eating more fibre**

- Introduce high fibre foods gradually
- Fibre absorbs fluid therefore it is important to drink plenty fluids. Aim for at least 8 cups or glasses a day – such as water, squash, herbal tea
- Exercise can help bowel function, therefore try to increase your activity levels

Unprocessed bran can make constipation worse and can affect absorption of some nutrients it is therefore not recommended.

## **Sample Menu Plan**

### **Breakfast**

Fruit such as fresh grapefruit, fresh fruit juice, banana or prunes

High fibre breakfast cereal such as Branflakes®, All Bran®, Weetabix® or similar cereals such as porridge or muesli

Wholemeal or granary toast with butter/spread and jam/marmalade/crunchy peanut butter

Water or fruit juice

### **Mid-morning**

Fresh or dried fruit or fruit smoothie (including pith)

### **Snack Meal**

Broth, lentil or vegetable soup with crusty wholemeal bread,

or Crispbreads such as Ryvita®, oatcakes, or high fibre crackers with cream cheese, tomatoes and salad

or Baked potato (including the skin) with various fillings such as chilli-con-carne, baked beans, tuna and sweetcorn

### **Mid-afternoon**

Small portion of nuts, seeds or dried fruit

### **Main Meal**

Lean meat, poultry, fish, pulses, nut roast

Vegetables or salad

Brown rice, potatoes (with skins) or wholewheat pasta

Fruit dessert such as fruit salad, fruit crumble made with oats, prunes or figs

Ensure that you drink plenty of fluids throughout the day.