

# DIETARY FIBRE

**Find ways to include the recommended daily dose of dietary fibre which is 25g – 35g per day for lowered blood sugars, improved digestive health, lower cholesterol and so many other benefits.**

Many people are deficient in dietary fibre due to the modern diet (averaging 5 – 15 g per day). When you look at the chart below, you will see that commitment is needed to achieve ideal levels of this vital **macro-nutrient**.

**There are two types of fibre and both are vital to health**

## SOLUBLE FIBRE

Soluble fibre dissolves in water and goes gel like, such as psyllium husks, chia and flax seeds.

It creates slow digestion of food, therefore reduces blood sugar levels and allows fullness for longer. Soluble fibre provides valuable gut bacteria and **lowers cholesterol** as the fibre attaches to the particles of cholesterol in the blood and passes it through the system.

## INSOLUBLE FIBRE

Insoluble fibre is not absorbed and does not break down or dissolve, such as oat bran and the fibre in green vegetables.

It moves the food through the digestive system. It is not absorbed and does not break down, it remains changed. It is often referred to as 'roughage' to help with constipation. Dark leafy greens are a high source of natural insoluble fibre.

## FOODS MOSTLY COMBINE BOTH TYPES OF FIBRE IN THEM

For suitable sources of fibre for the diabetic body, think about dark leafy green vegetables and include the skins, pips and seeds of vegetables, fruit, seeds and nuts, including nut butters.

Smoothies can be a way to achieve the ideal amount of 3-10 cups of leafy greens per day into your diet. Whole grains, beans and legumes are rich sources of fibre but they are also higher in starch carbohydrates, which we are limiting for diabetes recovery.

When obtaining fibre from whole real food, it comes with **other important nutrients**. Another way to get sufficient fibre is in the form of a pre-biotic supplement (usually inulin).

Good bowel health is a key indicator of sufficient fibre (daily, soft and well-formed motions).

**Raw food** contains more fibre than cooked food as the cooking breaks down the fibre making it softer to eat.

*This chart outlines a sample of foods that are more ideal sources of fibre and more information is available on the internet.*

FIBRE	APPROX FIBRE PER 100G
Chia seeds	34%
Flax seeds	27%
Pumpkin seeds	18%
Sesame seeds	16%
Sunflower seeds	9%
Almonds	12%
Pine nuts	11%
Brazil and many other nuts	7 – 9%
Psyllium husks	77%
Cacao	33%
Oat bran	15%
Passion fruit	10%
Avocados	7%
Berries	3 – 6%
Apples (1 medium)	4%
Pears and many other fruits (with skins)	2 – 3%
Artichokes	9%
Peas	8%
Mixed salad	7%
Celery	6%
Broccoli	5%
Asparagus	5%
Brussel sprouts	4%
Dark leafy greens such as silverbeet, spinach and kale	3%
Green beans, carrots, mushrooms, cabbage and many other crunchy vegetables	2 – 3%