



Spotlight on Dietary Fibre

Fibre, a type of carbohydrate, is part of all plant foods that the body cannot digest or absorb. It is sometimes called roughage or bulk.

Two Types of Fibre

Insoluble-promotes regularity and a healthy digestive system

E.g., wheat bran, whole grains

Soluble-helps lower blood cholesterol and control blood sugar levels, slows digestion and absorption of foods

E.g., oranges, oats, psyllium

Gluten-free Diet and Fibre

Gluten-free diets can often be low in dietary fibre because many whole grains contain gluten

How much fibre do I need?

Age	Aim for an intake of grams/day
Men 19-50	38
Men 51 and older	30
Women 19-50	25
Women 51 and older	21
Breastfeeding Women 19 and older	29
Pregnant Women 19 and older	28

How much fibre does my children need?

Age	Aim for an intake of grams/day
Boys and Girls 1-3	19
Boys and Girls 4-8	25
Boys 9-13	31
Girls 9-13	26
Boys 14-18	38
Girls 14-18	26

*There is no upper limit for fibre intake



Fibre Rich Gluten-Free Foods

Grains

Food	Fibre (grams)
1 cup of Almond Flour	11
1 cup of Corn Bran	60
1 cup Soy Flour	8
1 cup of Quinoa	5
1 cup of Steel-Cut Oats	6
1 cup of Brown Rice (long grain)	3

Fruit

1 cup of Raspberries or Blackberries	8
1 medium Pear	6
1 medium Apple	4
1 medium Banana	3

Vegetables

1 cup of Acorn Squash	9
1 medium Baked Potato with skin	4
1 cup cooked Broccoli	5
1 cup cooked Spinach	4

Legumes

1 cup of Navy Beans	19
1 cup of Black Beans	15
1 cup of Lentils	16
1 cup of Chickpeas	13

Nuts and Seeds

1 tablespoon of Chia Seeds	3.7
¼ cup of Almonds (whole with skins)	3.8
1 tablespoon of Sesame Seeds	1

Remember to:

Read labels for gluten free products and try to choose foods with more than 4g of fibre per serving. Contact your physician or dietitian for further information.

Additional tips:

Increase fibre intake gradually

Starting with a small amount can help prevent abdominal cramps and gas

Drink more fluids each day as you increase fibre

This information is adapted from:



Sources:

Dietitians of Canada. Food sources of Fibre. In: Practice-based Evidence in Nutrition [PEN]. 2016 June 10 [cited 2018 July 23]. Available from: <http://www.pennutrition.com.subzero.lib.uoguelph.ca/KnowledgePathway.aspx?kpid=674&trid=12485&trcatid=467>. Access only by subscription or sign up for a free two week trial.

Dietitians of Canada. Getting More Fibre. In: Unlock Food. 2017 Oct 18 [cited 2018 July 23]. Available from: <http://www.unlockfood.ca/en/Articles/Fibre/Getting-More-Fibre.aspx?aliaspath=%2fen%2fArticles%2fFibre%2fGetting-more-fibre>

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Shelley Case. Gluten Free the Definitive Resource Guide. 2016 September [cited 2018 July 18].