

FIBRE



Dietary Fibre or Non –Starch Polysaccharide (NSPO is the indigestible part of carbohydrate foods.

What are the benefits of eating fibre?

Fibre has many health benefits. Not only is it good for digestion and preventing constipation it can also help with controlling weight and help reduce the risk of developing heart disease, diabetes and some cancers. In the UK, the recommended intake of fibre for adults is 18g a day.

Types of fibre

There are two main types of fibre, insoluble and soluble fibre.

Insoluble fibre is mainly found in fruits and vegetables, wholegrain bread, wholegrain and bran cereals. They help to prevent constipation and provide the main bulk the body needs to aid digestion.

Soluble fibre found in foods such as peas, beans, lentils, oats, and some fruits helps by slowing the rate of digestion and absorption of foods and helps to lower cholesterol and regulate blood sugar levels.

Sources of Fibre

Key sources of fibre include:

Whole meal Bread	Beans, Lentils, Peas	Wholemeal Pasta
Nuts, and Seeds	Wholemeal Flour	Wholemeal Rice
Breakfast Cereals	Fruit (fresh or dried)	Vegetables with skins on

Catering Guideline It may be advised to increase or decrease dietary fibre in the food we serve. This can be achieved in the following ways.

Low fibre foods

Bread-White bread brown bread white flour

Breakfast Cereals- Cornflakes, Rice Krispies, sugar coated cereals

Biscuits and Crackers-Cream crackers, plain crispbreads, biscuits made with white flour e.g. rich tea

Pasta and Rice-White pasta and rice

Fruit and Vegetable-Mashed/boiled potatoes with skins removed

High fibre foods

Bread-wholemeal or granary bread and rolls Wholemeal pitta breads

Wholemeal flour

Breakfast cereals-Wholegrain breakfast cereals e.g. branflakes, shredded wheat, Weetabix, porridge, muesli

Biscuits and Crackers-Wholemeal crackers and crisp breads e.g. ryvita, oatcakes, digestive, flapjacks

Pasta and Rice-Wholemeal pasta, spaghetti and brown rice

Fruit and Vegetables-All vegetables, either fresh, frozen or dried. In particular peas, sweetcorn and baked beans. In addition, pulses including lentils and beans. Potatoes e.g. baked with skins on

Other ideas on increasing fibre:

Add beans/lentils or peas to soups, stews, curries or casseroles. They can also be added to meat dishes.

Add wholemeal flour crumble top of fruits.

When baking use half flour and half wholemeal flour

Add sweetcorn or peas to rice or salads

Try wholemeal –pasta for dishes such as lasagne or mac n' cheese

Sprinkle dried fruits on desserts

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