

# FIBRE

Fibre is the part of food that is not completely digested by our body. It is only found in plant foods such as **cereals, breads, vegetables, fruits, legumes (such as lentils) and nuts**. Wholegrain/unrefined varieties of these foods are excellent sources of fibre.

Eating a wide variety of fruits, vegetables and wholegrain cereals is the best way to get enough fibre to keep us healthy.

## **FIBRE IN THE DIET:**

- Helps with regular bowel function
- Helps prevent constipation
- May protect against bowel disease and
- May protect against heart disease later in life

## **TO PREVENT CONSTIPATION YOU NEED TO:**

- Drink plenty of water.
- Enjoy a wide variety of nutritious foods.
- Include plenty of vegetables and whole grains.
- Eat 1 piece of fruit every day.
- Encourage active play such as walking, running, climbing and dancing.
- Promote good toileting practices by encouraging your child to use the toilet regularly
- Discourage your child from "holding on". Children should be encouraged to use the toilet when they need it.

## **HOW MUCH FIBRE DOES MY CHILD NEED?**

An easy way to decide how much fibre is enough for your child is to take your child's age and add 10 (**Age + 10**) e.g. If your child is 5 years old then they will need 15g fibre per day.

Too much fibre can limit a child's appetite and prevent the absorption of some nutrients. The use of bran to increase fibre is not recommended as it may stop the absorption of Iron and Zinc from your child's diet.

## HOW TO GET MORE FIBRE IN YOUR DIET

- Use wholegrain, wholemeal or dark rye breads.
- Choose wholemeal cereals e.g. Weet-bix, Vita-brits, porridge, natural muesli.
- Try wholemeal pasta or rice.
- Eat fresh or dried fruit (including the skin).
- Eat a wide variety of vegetables (including the skin where possible).
- Include pulses, legumes, lentils & nuts e.g. kidney beans, baked beans, peanut butter, split peas, chick peas and Quinoa.
- Select biscuits containing wholemeal flour, rolled oats, bran & seeds.
- Substitute healthy high fibre snacks such as fruit, vegetables, wholegrain crackers in place of chips, sweet biscuits, cakes and soft drinks.
- Modify your favourite recipes by using wholemeal flours, grains, dried fruits.

<b>FIBRE IN FOODS</b>		
<b>Food</b>	<b>Serve</b>	<b>Fibre (g)</b>
Legumes (Baked Beans)	1/2 cup	7
Green Peas	1/2 cup	5
Wholemeal Pasta	1/2 cup	4
Pear	1 average	4
Broccoli	2 pieces	4
Weet-bix	2 biscuits	3
Apple or Banana	1 average	3
Peanut Butter	1 tablespoon	3
Sweet-corn	1/2 cup	3
Cauliflower	2 pieces	3
Baked potato including skin	1 medium	3
Quinoa	1/2 cup	2.5
Orange	1 average	2
Carrot	1/2 cup	2
Wholemeal Bread or Rye Bread	1 slice	2
Porridge (rolled oats)	1/2 cup	2
Potato fries	10 chips	1
White Pasta, or Brown/White Rice	1/2 cup	1
Muesli	1/2 cup	1
White Bread, Crumpet or Muffin	1 slice	1