

Fibre: It's Fundamental

Are you getting the **25 grams** of fibre recommended daily?¹
Here's some food for thought.

There are two kinds of fibre – soluble and insoluble. Studies show that soluble fibre contributes to healthy cholesterol levels and keeps one feeling full longer.^{2,3} Insoluble fibre helps to maintain bowel function. It is important to eat foods that contain both kinds of fibre.

Tips to boost your fibre intake:

- Eat at least 7 servings of fruits & vegetables daily as recommended by *Eating Well with Canada's Food Guide*.
- Add legumes like kidney beans and navy beans to soups or salads.
- Choose oatmeal for breakfast. Add it to a smoothie, or an omelet anytime of day.
- Add oat bran to muffins, cookies or in recipes instead of bread crumbs.

Try these fibre-rich foods:

Food ^{4,5}	Total Fibre (grams)	Soluble Fibre (grams)
Kidney beans, 125 ml cooked	6	3
Navy beans, 125 ml cooked	6	2
Quaker® Standard Oats, 2/3 cup raw	6	3
Quaker® Oat bran, 1/2 cup raw	6	3
Apple, 1 medium	6	2
Quaker® Oatmeal Squares Cereal, 1 cup	5	2
Whole wheat pita, 7 inches diameter	4	1
Banana, 1 medium	3	1
Brussel sprouts, 125 ml cooked	3	2
Spaghetti, whole wheat, 125 ml cooked	2	1
Multi-grain bread, 1 slice	2	0.3
Broccoli, 125 ml cooked	1	1

Thoughts for your fibre fix:

From PepsiCo Canada, committed to building a healthier future.

¹ The Canadian Food and Drug Regulation
² DJA Jenkins, CWC Kendall, A, Marchie, DA Faulkner et al. Effects of a Dietary Portfolio of Cholesterol Lowering Foods vs Lovastatin on Serum Lipids, JAMA; 290: 502-510
³ Edward Saltzman MD, Julio C. Morigueti MD, Sai Krupa DasMS et al. Effects of a Cereal Rich in Soluble Fiber on Body Composition and Dietary Compliance during Consumption of a Hypocaloric Diet, Journal of the American College of Nutrition, vol 20, No.1, 50-57 (2001)
⁴ Northwestern University, www.feinberg.northwestern.edu/nutrition/factsheet/fiber/html
⁵ Data from the CRC Handbook of Dietary Fibre in Human Nutrition, 3rd edition, CRC Press, London.



Potassium and Sodium: A Balancing Act

The average Canadian consumes too much sodium and not enough potassium. Let's switch it up! The current dietary guidelines suggest that Canadian adults should get **2400 mg** of sodium and **3500 mg** of potassium daily.¹



Tips for adding more potassium to your diet:

- Eat at least 7 servings of fruits & vegetables daily as recommended by *Eating Well with Canada's Food Guide*.
- Add raw vegetables like broccoli with a yogurt dip to your lunch.
- Include dried legumes in your menu plan. If you choose the canned variety, rinse under cold water for one minute to remove up to 1/3 of the salt content.
- Drink a refreshing glass of orange juice each morning.



Tips for reducing sodium in your diet:

- Eat fresh or frozen vegetables and fruits. If you choose the canned varieties, remember to rinse them under cold water to remove the extra sodium or sugar.
- Use herbs and spices to add taste to your food. Put your salt shaker away!
- Ketchup, mustard, and even steak spice contain added sodium. It all adds up, so use condiments sparingly.
- Eat hearty oatmeal. It is lower in sodium and tastes great.
- Choose lower sodium versions of your favourite snacks and processed foods whenever you can.



Try these foods to maintain your sodium-potassium balance:



Food ²	Potassium (milligrams)	Sodium (milligrams)
Canned Cream of Mushroom condensed, reduced sodium, 250 ml	992	1016
Lay's® Lightly Salted Potato Chips, 50 g	695	160
Potato, 1 medium cooked	572	7
Canned Minestrone reduced sodium, ready to serve, 250 ml	474	547
Tropicana® Pure Premium orange juice, 250 ml	470	0
Canned kidney beans, 175 ml	449	560
Salmon fillets, 75 g	412	48
1% Milk, 250 ml	387	113
Yogurt with fruit, 175 g	314	87
Apricots, 3	272	1
Cantaloupe, 125 ml raw cubes	256	28
Sweet potatoes, 125 ml raw	237	39
Quaker® Standard Oats, 2/3 cup raw	230	2
Turkey, 75g	224	52
Ready to use Chicken Broth, lower sodium, 250 ml	216	586
Broccoli, 125 ml raw	147	15
Tostitos® Low Sodium Bite Size Rounds Tortilla Chips, 50 g	76	140
Multi-grain bread, 1 slice	71	170



Thoughts for balancing your sodium and potassium intake:



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¹ The Canadian Food and Drug Regulation ² Canadian Nutrient File, 2007

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