



The Facts on Fibre



FILL UP ON FIBRE THROUGHOUT THE DAY

Try to increase fibre slowly and drink plenty of fluids as your digestive system adjusts. A great way to boost your fibre is to aim for the maximum number of fruit and vegetables and grain servings recommended for you by Canada's Food Guide.

At least half of your grain servings should be whole grains.

Most of us know that fibre is essential for a healthy diet. But what kind of fibre do we need and are we getting enough?

Health Canada supports the following recommendations for total fibre intake. Men aged 19-50 should consume 38 g of fibre per day while women need 25 g. For adults 51 and older the recommendation is slightly lower. Men should aim for 30 g each day and women 21 g.¹

The Heart & Stroke Foundation of Canada reports that the average Canadian consumes only 15 g of fibre each day.²

HOW TO GET UP TO 30 G OF FIBRE IN A DAY³

		FIBRE
BREAKFAST	■ Oatmeal, large flakes/quick (3/4 cup) with blueberries, raw (1/2 cup)	2.6
	■ Fat free yogurt (3/4 cup)	2
	■ topped with almonds, dried (2 tbsp)	0
	■ Glass of orange juice, ready to drink (1/2 cup)	2.1
		0.3
SNACK	■ Apple	2.6
	■ Glass of skim milk (1 cup)	0
LUNCH	■ Bread, whole wheat (2 slices)	4.8
	■ Sliced turkey breast (2.5 oz)	0
	■ Hummus as spread (1 tbsp)	0.8
	■ Tomato, raw (1/2 sliced)	0.75
	■ Romaine lettuce (1/2 cup)	0.6
	■ Baby raw carrots (8)	1.4
■ Pear with skin (1)	5	
SNACK	■ Oatmeal bar (high in fibre)	4
DINNER	■ Salmon fillet (6 oz)	0
	■ Rice, brown, long-grain, cooked (1/2 cup)	1.5
	■ Asparagus, fresh or frozen, boiled (6 spears)	1.6
		TOTAL 30 G OF FIBRE

TIPS TO INCREASE FIBRE THROUGHOUT THE DAY. EVERY CHOICE ADDS UP!

At Breakfast	At Lunch	At Dinner	Snack Time
<ul style="list-style-type: none"> ■ Choose whole grain cereals or oatmeal ■ Top cereal with fresh, frozen or dried fruit ■ Sprinkle oats or oat bran over yogurt 	<ul style="list-style-type: none"> ■ Choose whole grain breads or buns for sandwiches ■ Spread hummus on bread instead of butter or mayo ■ Choose hearty soups full of beans or legumes and vegetables 	<ul style="list-style-type: none"> ■ Choose whole wheat pasta or rice ■ Use oats in meatballs or coat fish with oat-based crust ■ Choose vegetables like Brussels sprouts, peas and corn 	<ul style="list-style-type: none"> ■ Choose granola bars with 2 or more grams of fibre to carry with you for a snack on the go ■ Cut up fresh veggies and serve with hummus ■ Snack on low fat cheese with whole grain crackers

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References

1. Health Canada. <http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/art-nutr-adult-eng.php#a323>
2. Heart & Stroke Foundation of Canada. http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.4391495/k.FA36/Health_Check_nutrient_standards_for_fibre.htm
3. Health Canada. Nutrient Value of Some Common Foods. http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php

SOLUBLE OAT FIBRE IN THE NEWS

TYPES OF FIBRE

There are two types of fibre, insoluble and soluble.

Insoluble fibre helps to create the bulk that moves through our digestive system, keeping us regular. Soluble fibres, also called 'viscous fibres', form a gel-like substance that binds with cholesterol and other fats in the bloodstream. **Soluble fibres**, such as soluble oat fibre, have been shown to have a positive effect on cholesterol, weight control and blood pressure.¹

Health Canada approves new health claim about oat fibre.

Many of us think of oats as wholesome, traditional and trusted. Research supports the link between eating soluble oat fibre found in oats and helping to reduce cholesterol.¹

Now Health Canada has formally recognized the benefits of oat fibre by supporting the health claim that: **oat fibre helps reduce cholesterol, a risk factor for heart disease.**



Foods that carry the new oat fibre claim must meet additional nutritional criteria. The criteria include minimum amounts for vitamins and minerals as well as maximum levels of cholesterol, sodium and saturated fat.²

Example of a health claim you would see on a package of Quick Quaker® Oats:

Oat fibre helps reduce cholesterol, a risk factor for heart disease.

1/3 cup (30 g) of Quaker Oatmeal supplies 40% of the daily amount of the fibres shown to help reduce cholesterol

The Quaker® brand uses 100% whole grain oats in many of the foods that carry the oat fibre claim.

The "daily amount" in the claim is 3 g of beta-glucan oat fibre. Research shows that 3 g is the lowest amount shown to have a cholesterol lowering effect.²

The chart on the right provides examples of how some of these foods can contribute to 3 g of soluble oat fibre each day.

 <p>1/3 cup (30 g) supplies 40% of the daily amount of the fibres shown to help reduce cholesterol</p>	 <p>1 packet (33 g) supplies 30% of the daily amount of the fibres shown to help reduce cholesterol</p>	 <p>1 packet (30 g) supplies 40% of the daily amount of the fibres shown to help reduce cholesterol</p>	 <p>1/3 cup (30 g) supplies 65% of the daily amount of the fibres shown to help reduce cholesterol</p>	 <p>1 bar (40 g) supplies 30% of the daily amount of the fibres shown to help reduce cholesterol</p>
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References

1. Andon, MB Anderson, JW. The oatmeal-cholesterol connection: 10 years later. AJLM. 2008;2:51-57

2. Health Canada. Oat Products and Blood Cholesterol Lowering. <http://www.hc-sc.gc.ca/fn-an/label-etiquet/claims-reclam/assess-evalu/oat-avoine-eng.php>