



Soluble Fibre

Feel relaxed and in control of your bowels by following these strategies!

What is fibre?

Fibre is the part of plants that the human digestive tract cannot digest. Fibre is essential for keeping you regular and for maintaining overall good health.

Insoluble fibre adds bulk to our bowel contents. Soluble fibre acts like a sponge, absorbing fluid making bowel contents softer and easier to move.

Soluble and insoluble fibre work together to manage diarrhoea, constipation and diverticular disease.

Health benefits of fibre

Foods high in fiber are also often high in other protective agents such as antioxidants and phytochemicals.

A diet high in fibre can help prevent bowel disorders and heart disease as well as aid in weight and diabetes management.

Strategies to try

Breakfast:

- Add 30-50g rolled oats to your smoothie or yoghurt
- Add peanut butter to your toast or porridge

Snack:

- Fruit: orange, kiwi fruit, banana, apple, raspberries
- Vegetables: carrot, capsicum or celery sticks

Lunch:

- Wholegrain bread, brown rice or bean containing dish

Snack:

- Nuts and seeds
- Wholegrain crackers with hummus

Dinner:

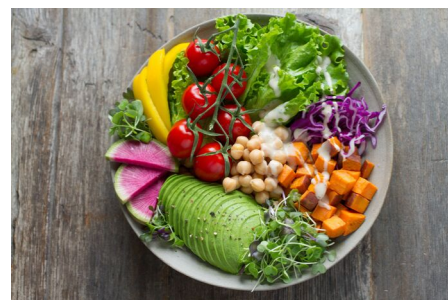
- Variety of vegetables: e.g. brussel sprouts, kumara, carrots, potato, green beans, broccoli
- Include lentils e.g. brown lentils in shepherd's pie or spaghetti bolognese, kidney beans in nachos, split peas in soup

Dessert:

- Chia pudding
- Apple and rhubarb crumble with oats

Top 10 high soluble fibre foods

1. Black beans
2. Psyllium husk
3. Avocado
4. Kumara/sweet potato
5. Broccoli
6. Pears
7. Flaxseeds/linseeds
8. Sunflower seeds
9. Oats
10. Brussel sprouts



Talk to your dietitian about specific timings and quantity of soluble fibre that you need for optimal bowel health.