

Fibre – It Moves You to Better Health

Getting enough fibre can:

- Lower cholesterol and reduce your risk of heart disease
- Control blood sugars and reduce your risk of diabetes
- Keep bowels regular
- Make you feel full, which may help you maintain a healthy weight

How Much Do You Need?

Adults should aim for 25-35 grams of fibre per day (up to 50 grams if managing diabetes). Most Canadians only get half the amount they need for health benefits. Include some higher fibre foods at each meal to get enough. See some examples below.



Avocado
½ fruit
6.7 g



Green peas, cooked
125 mL (½ cup)
4.3 g



Potato, with skin, cooked
1 medium
4.0 g



Raspberries / blackberries
125 mL (½ cup)
4.1 g



Broccoli, cooked
125 mL (½ cup)
2.1 g



Bran cereals
30 g
10.2 - 11.2 g



Almonds
60 mL (¼ cup)
4.0 g



Pear, with skin
1 medium
5.3 g



Kidney beans, cooked
175 mL (¾ cup)
8.4 g



Bread
(whole wheat, pumpernickel, rye)
1 slice (35 g)
1.4 - 2.2 g

Food of the Month

Flax Seeds



Flax seeds can boost nutrition in your favourite foods. They deliver about 4 grams of fibre in 2 tablespoons.

Flax also has a heart-healthy fat called omega-3. Flax has to be ground in order for your body to absorb the omega-3. Ground flax is sometimes called flax meal or flax flour.

Flax is a healthy add-on to your favourite foods. You can add it to muffins, meatloaf, burgers or casseroles. Flax can also be sprinkled on cereal, yogurt or salad.

Bran Berry Muffins

Serves 12

Ingredients:

¾ cup	175 ml	Natural wheat bran
¾ cup	175 ml	Whole wheat flour
½ cup	125 ml	Brown sugar
1 tsp	5 ml	Cinnamon
1 tsp	5 ml	Baking soda
½ cup	125 ml	Flax meal
2 tbsp	30 ml	Water
2 tbsp	30 ml	Canola oil
⅔ cup	150 ml	Buttermilk, 1%
1 large		Egg, beaten
1½ cups	375 ml	Blueberries

Directions:

1. Preheat oven to 400° F.
2. Mix bran, flour, sugar, cinnamon and baking soda in a medium bowl.
3. Mix flax meal and water in a large bowl. Stir in oil, buttermilk and egg.
4. Add blueberries to dry ingredients and lightly mix until coated.
5. Add dry ingredients to wet ingredients. Stir to combine but do not over mix.
6. Measure batter into greased muffin tins using ¼ cup measure.
7. Bake for 20 minutes or until toothpick inserted in centre comes out clean.

Nutrition Information per Serving (1 muffin):

Calories	144
Fat	6 grams
Carbohydrate	22 grams
Fibre	4 grams
Protein	3 grams
Sodium	132 milligrams

Did you know?

One avocado has about 13 grams of fibre. Enjoy avocado in a smoothie, a salad or a wrap for a good dose of fibre as well as healthy fat.

In Your Kitchen

Fill up on Fibre

There are plenty of ways to get more fibre that don't require opening a box of bran cereal. Try some of our favourite tips to fibre up!



- Snack on vegetables, fruit, nuts or seeds.
- Have plain popcorn as a snack.
- Add ground flax or chia seeds to yogurt or a smoothie.
- Combine your favorite cereal with a higher fibre cereal.
- Try a new grain such as barley, bulgur or quinoa.
- Top your salad with canned black beans or chickpeas.
- Add extra vegetables, beans or lentils to soups and casseroles.
- Replace ¼ of the all-purpose flour in a recipe with whole wheat flour, wheat bran or wheat germ.

Pharmacy Corner



Our Pharmacist can help you with questions about managing high cholesterol or high blood pressure in order to keep your heart healthy. Check your blood pressure at our free in-store station and talk with us about what the results mean for you. We are always here to help with any questions that you may have regarding prescription or over the counter medication, including vitamins and supplements.

Our Pharmacists and Dietitians are your partners in better health!

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