January is FIBRE FOCUS month!

Make your New Year’s resolution a success by increasing your fibre intake! With just a few simple diet modifications, you’ll be meeting the recommended intakes and feeling great in no time!

Make sure to check out the last page of this newsletter for a delicious recipe for blueberry pancakes that will also help to increase your fibre intake!

What does fibre do?

Fibre is the fibrous part of a plant that your body can’t digest. When it passes through the digestive system, it acts like a broom which sweeps out all the unnecessary waste left over from digested food.

How to increase your daily fibre intake:

- Choose whole grains more often
- Eat lots of fruits and vegetables. Fruits are high in water volume, low in calories, and high in fibre; which means they can fill you up fast without having to worry about extra calories!
- Eat the skin of fruits & vegetables
- Choose fresh fruit and/or vegetables over juice.
- Eat less processed foods and more whole foods.

Soluble vs Insoluble Fibre

- **Soluble Fibre:** attracts water and turns to gel during digestion, which in turn slows digestion. It can be found in bananas, rice, oat bran, seeds, beans, and the list goes on!
- Soluble fiber may also help lower cholesterol levels, which can help prevent heart disease!
- **Insoluble Fibre:** adds bulk and helps food pass more quickly through your digestive tract. It can be found in wheat bran, whole grains, and some vegetables.
Fibre: What Would You Do Without It?

Wheat Bran Fibre

Wheat bran is commonly found in cereals like All-Bran or Bran flakes. It helps to keep your digestive system regular and can even make you feel fuller! One cup of wheat bran contains 99% of recommended daily allowance (RDA) of fibre, 9 grams of protein, and 34% of the RDA for iron!

How Much Fibre Do You Need?

Recommended levels of fibre intake vary by sex and age group

Males:
- 14-50 y: 38 g/day
- >50 y: 30 g/day

Females:
- 9-18 y: 26 g/day
- 19-30 y: 25 g/day
- >31 y: 21 g/day

During pregnancy, the recommended daily intake for women increases to 28 g/day.

Did You Know?

1 cup of raspberries contains 8 g of fibre!

Why is Fibre Important?

- Fibre helps to keep your digestive system healthy
- It can help lower blood cholesterol and triglycerides
- Lowers your risk of colon cancer, heart disease and digestive problems
- Helps control blood sugar fluctuations
- Helps to control weight gain by making you feel full

Don’t increase your intake too fast!

When increasing the amount of daily fibre, do it gradually. A large increase of fibre over a short period of time could result in some discomfort because your body isn’t used to it. Also be sure to drink plenty of water. Soluble fibre absorbs water in your gut to form a gel. If you don’t drink enough water, that gel can cause bloating and constipation.
Overview

January 28th is National Blueberry Pancake Day! To celebrate this wonderful day, why not try out this recipe? It will contribute to fibre intake and it’s a meal the whole family can enjoy!

Directions

1. If desired, crush cereal by placing in re-sealable food storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
2. In medium bowl, beat egg with wire whisk or fork.
3. Beat in milk, oil and cereal; let stand for about 5 minutes or until cereal is softened. Beat in remaining ingredients except blueberries.
4. Gently stir in 1/2 cup of blueberries
5. Heat griddle or skillet over medium heat. Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating)
6. For each pancake, pour about 1/4 cup of batter onto hot griddle (if batter is too thick, stir in additional milk, 1 tbsp at a time until as thin as desired)
7. Cook pancakes until puffed and full of bubbles, but before bubbles break. Turn; cook other side until golden brown

Nutrition Information

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Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at 519-767-5011