

Fibre and Diabetes

Fibre is a part of a plant that is not digested. It is found in many foods:

Fresh and dried fruit

In seeds and nuts

Breads, cereals, crackers and rolls made from whole wheat, oats, bran and rye.

Raw and cooked vegetables

Especially legumes: dried peas, beans and lentils.

* Adapted from "Choose A Healthy Lifestyle". Canadian Diabetes Association. September, 1989.

Reasons to eat more fibre.....

- Some fibres help keep bowels regular – such as: wheat bran, whole grain breads and cereals.
- Some fibres help lower the cholesterol in your blood – such as: oat bran, psyllium and beans/lentils.
- Some fibres slow down the rise in blood sugars after you eat – such as: dried peas, beans/lentils.
- Foods high in fibre help you “feel full” longer and may help you to stop snacking between your meals.
- Choose raw fruits and vegetables.

Different foods have different kinds of fibre – so eat a variety of high fibre foods each day.

- Use whole grain breads and cereals.
- Do not overcook your vegetables.
- Sprinkle 1 tablespoon of wheat bran, ground flax seed, bran cereal or oat bran over your salad, fruit, hot cereal, soup or cottage cheese.
- Try meatless dishes made with dried peas, beans or lentils.
- Drink 8 glasses of fluids each day to help your body use the fibre.

Blueberry Flax Muffin

Ingredients

275 ml sifted all purpose flour 1 1/2 cups

125 ml ground flax 1/2 cup

7 ml baking powder 1 1/2 teaspoons

2 ml baking soda 1/2 teaspoon

2 ml salt 1/2 teaspoon

15 ml canola oil 1 tbsp

125 ml brown sugar 1/2 cup

1 egg

250 ml skim milk 1 cup

15 ml lemon juice 1 tbsp

5 ml vanilla 1 tsp

175 ml blueberries 3/4 cup

Method

Mix together flour, ground flax, baking powder, baking soda and salt. Mix well. In a separate bowl, whisk together canola oil, brown sugar and egg. Add skim milk, lemon juice and vanilla. Whisk until well blended. Add to dry ingredients. Stir only until dry ingredients are moistened. Gently fold in blueberries. Do not over mix. Spray muffin tin with non-stick vegetable spray. Fill each muffin cup with 50 ml (1/4 cup) of batter. Bake at 180°C (350°F) for about 20 minutes. Yield: 12 muffins. Nutrient content per portion (1 muffin) 145 Calories, 4 g Protein, 4 g Fat, 24.9 g Carbohydrate, 2.2 g Dietary Fibre.

Recipe from “FLAX 2003”, Flax Council of Canada.

How Much Fibre?

Adults should aim for about 30 grams of fibre each day, about double what the average Canadian gets right now. Some days you may get a little more, other days a little less. On average, it should work out about right. Use the fibre list below to see if you are getting enough. Keep in mind these are approximate amounts of fibre that may change as more is learned about fibre content of foods. Choose a variety of high fibre foods each day.

Grain Products	Fibre in Grams
Whole wheat bread, 1 slice.....	2.0
Rye bread, 1 slice.....	1.0
White bread, 1 slice.....	0.4
Brown rice, 1/2 cup cooked.....	2.4
White rice, 1/2 cup cooked.....	0.3
Whole-wheat pasta, 1 cup cooked.....	3.9
Regular pasta, 1 cup cooked.....	1.2
1 Bran muffin.....	2.5
Breakfast Cereals:	
Regular flakes and crispies, 1 cup (corn, rice, oats, wheat).....	traces
Bran flakes, 3/4 cup.....	4.8
All bran, 1/2 cup.....	13.2
Whole grain bite size, 3/4 cup.....	3.2
Rolled oats, 1 cup cooked.....	2.8
Oat bran, 3/4 cup cooked.....	3.5
Mixed grain, 3/4 cup cooked.....	3.0

Fruits	Fibre in Grams
1 Apple, fresh with skin (med.).....	3.5
1 Apple, fresh without skin (med.).....	2.7
Apple juice, 1 cup.....	0.8
Apple sauce, 1 cup.....	1.8
5 Apricots, dried.....	4.0
3 Apricots, fresh.....	1.8
1 Banana, (med.).....	2.4
Blueberries, 1 cup.....	4.0
Cantaloupe, 3/4 of whole.....	1.3
10 Cherries.....	1.2
3 Dates.....	1.9
1/2 Grapefruit.....	1.6
Grapes with skin, 1 cup.....	2.2
1 Mango, peeled.....	2.6
Orange, 1 medium.....	2.6
Papaya, 1 peeled.....	2.8
Peach, 1 medium.....	1.9

Pear, 1 medium.....	4.7
Pineapple, 1/2 cup.....	1.1
Plums, 5 medium.....	1.7
Prunes, 3 medium.....	4.9
Raisins, 1/4 cup.....	3.7
Raspberries, 1/2 cup, fresh.....	3.3
Strawberries, 1 cup, fresh.....	3.1

Legumes	Fibre in Grams
Baked beans, 1/2 cup.....	8.8
Chick peas, 1/2 cup.....	4.0
Kidney beans, 1/2 cup cooked.....	5.8
Lentils, 1/2 cup cooked.....	6.8
Navy beans, 1/2 cup cooked.....	6.8
Split peas, 1/2 cup cooked.....	4.7

Vegetables	Fibre in Grams
Asparagus, 4 spears cooked.....	2.0
Bean sprouts, 1/2 cup raw.....	1.0
Beans (green/yellow), 1/2 cup cooked....	1.6
Broccoli, 1/2 cup cooked.....	2.2
Broccoli, 1 medium spear, raw.....	4.2
Brussels sprouts, 1/2 cup cooked.....	4.0
Cabbage, 1/2 cup cooked.....	1.8
Carrots, 1/2 cup cooked.....	2.3
Cauliflower, 1/2 cup cooked.....	2.0
Celery, 1/2 cup chopped, raw.....	1.0
Corn, 1/2 cup cooked.....	2.4
Green peas, 1/2 cup cooked.....	3.8
Onions, 1/2 chopped, raw.....	1.1
Parsnips, 1/2 cup cooked.....	2.9
Potato with skin, 1 medium.....	3.5
Spinach, 1/2 cup cooked.....	2.2
Squash, 1/2 cup cooked.....	1.3
Sweet potato (yam), 1/2 medium cooked	2.7
Tomato, 1 medium, raw.....	1.8
Turnip, 1/2 cup cooked.....	2.6