

Fibre: Are you Getting Enough



Dietary fibre is a carbohydrate that is found exclusively in plants, such as fruits, vegetables, whole grain, and legumes. Low-fibre diets are associated with constipation, gastrointestinal disorders, and colon cancer.

Women require between 21 grams (over age 50) and 25 grams (under age 50) of fibre per day. Men should consume between 30 grams (over age 50) and 38 grams (under age 50) per day.

Great sources of fibre include:

1. Whole Grains

- Barley (32 grams per cup)
- Rye (26 grams per cup)
- Bulgur Wheat (26 grams per cup)

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2. Legumes

- Split Peas (16.3 grams per cup)
- Lentils (15.6 grams per cup)
- Black Beans (15 grams per cup)

3. Vegetables

- Artichokes (10.3 grams per medium size)
- Peas (8.8 grams per cup)
- Broccoli (5.1 grams per cup)

4. Fruits

- Raspberries (8 grams per cup)
- Blackberries (7.6 grams per cup)
- Avocados (6.7 grams per cup)