

# National Aboriginal Diabetes Association

## Fibre and Diabetes

The National Aboriginal Diabetes Association envisions Diabetes-free healthy communities



# WHO WE ARE

**NADA** is a not-for-profit members-led organization established in 1995 as a result of the rising rates of diabetes among First Nations, Inuit and Métis Peoples in Canada

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# Fibre



- Fibre is a type of carbohydrate (carb)
- There are 3 types of carbs: sugars, starches, and fibre.
- Unlike sugar and starches, our body cannot digest fibre. This means fibre doesn't raise blood glucose levels.

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# SOLUBLE AND INSOLUBLE FIBRE

There are 2 types of fibre: soluble and insoluble.

- Soluble fibre can help control blood glucose (sugar). This fibre slows down how much glucose enters the bloodstream. This allows more time for insulin to remove the sugar from the blood. Soluble fibre also helps lower cholesterol levels.
- Insoluble fibre is the fibre that keeps you 'regular' by preventing constipation. This fibre has also been shown to prevent some types of cancers.

Good News! Most foods that are a source of fibre have both soluble and insoluble fibre.



# BENEFITS OF FIBRE

Some main benefits of consuming fibre include:

- **Control blood glucose:** Can aid in diabetes management. Slows the release of food from the stomach, allowing more time to digest the carbs from a meal
- **Reduce cholesterol:** Can reduce risk for heart disease and diabetes
- **Keep you regular:** Prevents constipation
- **Maintain healthy body weight:** By increasing feelings of fullness after a meal
- **Lower risk of colon cancer:** By keeping you regular
- **Help you feel full longer:** By slowing down digestion

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# WHERE TO FIND FIBRE

Fibre comes from plants. It is not found in meat, milk, or egg products.

You can find soluble fibre in foods like oatmeal, legumes, and fruit. Insoluble fibre can be found in foods like wheat bran, whole grain products, fruits, and vegetables.

When trying to pick out foods with fibre, look for labels that say:

- “Source of fibre” → food contains at least 2 grams (g) of fibre per serving
- “High source of fibre” → food contains at least 4 g of fibre per serving
- “Very high source of fibre” → food contains at least 6 g of fibre per serving



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# FINDING FIBRE ON A FOOD LABEL

- Remember! Fibre is a carb, so it is listed under Total Carbohydrates.
- On a nutrition label, it is usually called “Fibre” or “Dietary Fibre”.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>(30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 470mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# HOW MUCH FIBRE DO YOU NEED?

Women (ages 19–50): at least 25 g fibre per day

Women (51+): at least 21 g fibre per day

Men (19–50): at least 38 g fibre per day

Men (51+): at least 30 g fibre per day

It is recommended for adults to get 25–50 g per day to receive the benefits of fibre.

You can calculate how much fibre your child (under 19 years old) should consume. Their age + 5 = grams of fibre per day.

*Example:* child who is 12 years old →  $12 + 5 = 17$  g fibre per day





# SAMPLE HIGH FIBRE DAY

## Breakfast:

- $\frac{3}{4}$  cup cooked oatmeal (3 g fibre)
- Honey, cinnamon
- $\frac{1}{2}$  cup berries (4 g fibre)

## Lunch:

- Roast turkey sandwich with 2 slices whole grain bread (4 g fibre) and  $\frac{1}{2}$  cup spinach (2.5 g fibre)
- 1 cup minestrone soup (4 g fibre)
- $\frac{1}{2}$  medium pear (2.5 g fibre)

## Supper:

- $\frac{1}{2}$  cup brown/wild rice (2 g fibre)
- $\frac{1}{2}$  cup chickpeas (6 g fibre)
- $\frac{1}{2}$  cup broccoli (2 g fibre)
- $\frac{1}{2}$  cup carrots (2 g fibre)
- 1 tbsp. soy sauce

## Snack options:

- 1 medium apple (4 g fibre) and 2 tbsp. peanut butter
- $\frac{1}{2}$  cup plain yogurt with  $\frac{1}{4}$  cup bran cereal (5-7 g fibre) and  $\frac{1}{2}$  banana (1 g fibre)

## Total fibre per meal:

Breakfast: 7 g

Lunch: 13 g

Supper: 12 g

Snacks: 10-12 g

**Total for the day: 42-44 g fibre**



# TIPS TO INCREASE FIBRE IN YOUR DIET

Tip #1: Eat the skin of fruits and vegetables.

- Example: 1 medium apple **with** the skin has about 4.4g of fibre, vs. a medium apple **without** the skin has just 2.1 g of fibre.

Tip #2: Choose whole grain or bran breakfast cereals.

- Example: a serving of Corn Flakes has about 1 g of fibre vs. a serving of All-Bran Original which has about 10 g of fibre.
- Want to start mixing in high fibre cereals but not sure about the taste? Add a scoop of high fibre cereal to your favorite breakfast cereal!

Tip #3: Add barley, beans, legumes, and lentils to soups and salads.

- Example: 1 cup of chicken noodle soup has about 0.5 g of fibre vs. split pea soup which has about 4.5 g of fibre per cup.
- Black beans (1/2 cup) have about 7 g of fibre!

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# MORE TIPS...



Tip #4: Add ground flaxseed to baked goods, yogurt, and oatmeal.

- Example: at breakfast, sprinkle your bowl of cooked oatmeal with 1 tbsp. ground flaxseed. This adds about 2 g of fibre to your meal.

Tip #5: Add almonds and other nuts to salads, yogurt, etc.

- Example:  $\frac{1}{4}$  cup of almonds has about 4 g of fibre.

Tip #6: Choose whole grain pastas, breads, and flours when shopping or baking at home.

- Example: 1 cup of whole-wheat spaghetti has about 9 g of fibre vs. 1 cup of regular spaghetti which has about 3 g of fibre.
- One slice of whole grain bread has about 3 g of fibre vs. white bread which has about 1 g of fibre per slice.
- Note: amount of fibre may change depending on the product you buy.

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# THINGS TO KEEP IN MIND...

- Slowly increase the amount of fibre you eat. Start small, maybe switching white bread for whole grain bread one week. Then make another high fibre choice the next week. This will minimize bloating and gas.
- Drink more water with a higher fibre diet. This will help fibre work best in you body.
- Exercise daily. This will aid in keeping you regular, and minimize bloating and gas.

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# Thank You!



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