



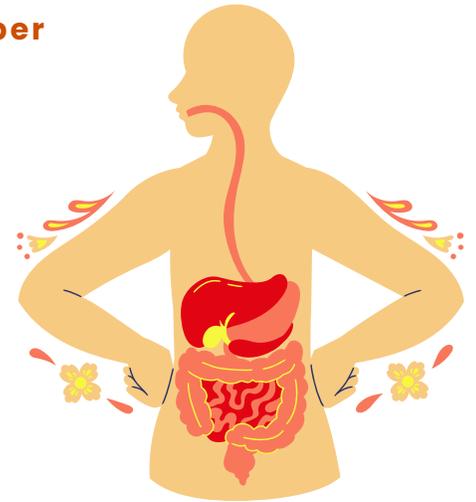
OCTOBER NUTRITION NEWSLETTER

FALL-ING FOR FIBER

A closer look at the benefits of fiber

What is Fiber?

Fiber is a type of carbohydrate that our body cannot digest or absorb. Although our body cannot absorb it, fiber is essential for regulating **digestion**, promoting **heart health**, regulating **blood sugars** and helping us **feel full for longer**.



Soluble vs. Insoluble Fiber

Soluble fiber dissolves in water and can form a gel. This **gel-forming fiber** can help to bulk up and humidify our poop. It also works to lower LDL-cholesterol and regulate blood sugars.

Foods that are high in soluble fiber include:

- Oats
- Ground flax seeds
- Fruit like apples, apricots or oranges
- Vegetables like sweet potato and squash

Some sources of soluble fiber that dissolve in water however do not form a gel. These are known as **prebiotic or fermentable fibers** and they work to feed the good bacteria in our gut.

Examples of food sources that contain prebiotic fiber include legumes like beans and lentils, asparagus, garlic and onions.

Insoluble fiber does not dissolve in water. This type of fiber adds bulk to your poop and promotes the regular passage of bowel movements. Regular bowel movements are so important for keeping your gut healthy and reducing your risk of gastro-intestinal complications.

Good sources of insoluble fiber include:

- nuts
- wheat bran
- whole grains
- fruits/vegetables (berries, apples, leafy greens)



How much fiber should you be getting?

The amount of daily fiber you should be getting depends on your sex and age.

Remember, there is no need to count each gram of fiber you are having in a day. Use this tool as a target amount and practice healthy habits of adding fiber in when you can.



	Male (grams/day)	Female (grams/day)
19-50	38 g/day	25 g/day
51+	30 g/day	21 g/day

Based on Health Canada, DRI - Fiber, 2023

How can I add extra fiber in to my diet?

The easiest way to incorporate more fiber into your diet is by adding small amounts to meals you are already having.

For example, if you typically have yogurt in your day, try adding some ground flax seeds, chia seeds, nuts or granola.

Or, if you normally eat a sandwich at lunch, try whole grain bread or add hummus to increase the fiber content.

Here are some examples of high fiber snacks to try out:

- Edamame (1/2 cup = 4g fiber)
- Pumpkin seeds (1/2 cup = 6g fiber)
- Apple/Banana + 2 tbsp peanut butter (~5g fiber)
- Greek yogurt + 2 tbsp chia seeds (~8g fiber)
- Overnight oats (1/2 cup rolled oats = 4g fiber)
- Cottage cheese + fruit + 2 tbsp ground flax seeds (~7g fiber)

For more fiber packed meal ideas and recipes created by Dietitians, visit:

Unlockfood.ca
Cookspiration.com





PUMPKIN PIE OVERNIGHT OATS

This overnight oat recipe makes for an easy breakfast or snack on the go. It's packed with plenty of fiber and tastes like fall in a jar, what's not to love about it!

Serves: 1

Ingredients

- ¼ cup pumpkin puree
- 1/4 cup Greek yogurt (plain or vanilla)
- ¾ cup milk of choice
- 2 tbsp maple syrup
- 1/2 tsp vanilla extract
- ½ cup rolled oats
- 2 tsp chia seeds
- 1 tsp pumpkin pie spice



Instructions

1. In a mason jar or small container combine pumpkin puree, Greek yogurt, milk, maple syrup and vanilla extract. Wisk together with a fork until well combined.
2. Add in oats, chia seeds and pumpkin pie spice.
3. Place the lid on and shake well to combine.
4. Place jar in the fridge overnight
5. Top with a spoonful of Greek yogurt, cinnamon or nuts (pecans, walnuts) and enjoy!

Options

- If you don't have chia seeds at home, you can substitute for equal parts ground flax seeds
- If you don't have pumpkin pie spice you can make your own by combining 3 tbsp cinnamon, 2 tbsp ginger, 2 tbsp nutmeg, 1 tsp all spice and 1 tsp cloves
- For added protein use ultrafiltered milk or add ½ - 1 scoop of vanilla protein powder to mixture