



# Grocery List

## TO INCREASE YOUR FIBRE INTAKE

### Fibre:

There are two types of fibre, soluble and insoluble. Most dietary sources have a mix of both. Insoluble fibre is found in the skins of vegetables and fruit and helps promote regularity and a healthy digestive system.

Soluble fibre can be found in some vegetables, fruit and legumes like dried beans and peas. Soluble fibre helps slow the digestion of food which may help you feel fuller longer. This satisfied feeling helps with appetite and weight control.

The recommended daily amount of soluble fibre is 10 grams. Incorporating high fibre foods in your diet has been shown to help lower blood cholesterol levels, control blood glucose (sugar) levels, reduce symptoms of irritable bowel syndrome (IBS), and reduce the risk of getting intestinal ulcers.

Food	Serving Size	Soluble Fibre (g)
<input type="checkbox"/> Kidney beans, cooked	175 mL (¾ cup)	2.6-3.0
<input type="checkbox"/> Broccoli, cooked	125 mL (½ cup)	1.2-1.5
<input type="checkbox"/> Tofu, fried pieces	175 mL (¾ cup)	2.8
<input type="checkbox"/> Pear, with skin	1 medium	1.1-1.5
<input type="checkbox"/> Carrots, cooked	125 mL (½ cup)	1.1-1.2
<input type="checkbox"/> Peach, with skin	1 medium	1.0-1.3
<input type="checkbox"/> Avocado	½ fruit	2.1
<input type="checkbox"/> Sweet Potato, cooked	125 mL (½ cup)	1.8
<input type="checkbox"/> Asparagus, cooked	125 mL (½ cup)	1.7
<input type="checkbox"/> Soybean, cooked	125 mL (½ cup)	1.5
<input type="checkbox"/> Passion Fruit, purple	125 mL (½ cup)	6.5
<input type="checkbox"/> Figs, dried	60 mL (¼ cup)	1.9

Source: Dieticians of Canada. "Food Sources of Soluble Fiber."

### Recipes:

Visit the recipe hub on our website [www.rmalab.com](http://www.rmalab.com) to print off the recipe for these delicious, fibre-filled dishes.

Pan Fried Sesame Tofu with Broccoli

Sweet Potato and Cauliflower Soup