



## Fibre

Increasing fibre intake will increase the amount of complex carbohydrate you eat and help 'fill you up' on less food compared to foods with little or no fibre. This state of feeling full is known as **satiety**. It seems that many fat or obese people have satiety controls that are flawed which means they are unable to tell when they are full. This means that more is eaten than required and, as foods with a high percentage of fat are less filling than foods lower in fat; the problem of overeating is exacerbated. It is extremely difficult to increase your fat stores from a diet high in fibre.

Fibre also helps protect the body against bowel cancer, appendicitis, gall stones, varicose veins, haemorrhoids, constipation, diabetes and heart disease.

### **Dietary fibre is found in four main groups of food:**

1. Wholemeal breads (or fibre enriched white bread), brown rice, corn, rye, fibre-rich cereals (bran), unprocessed bran, muesli and oatmeal.
2. Legumes, nuts, seeds, kidney beans, lentils, chickpeas, baked beans.
3. Root vegetables - potatoes, carrots, parsnips, turnips, and onions.
4. Fresh and dried fruits and leafy vegetables - apples, pears, celery, spinach, cabbage, bananas, paw paw, etc.

When fibre is removed from food as in the case of fruit juice the kilojoules still remain. As the food has no bulk you are able to have more without filling up and therefore you end up consuming more kilojoules than if you had the fruit without the processing. You are better off having whole fresh fruit and a drink of water rather than a glass of fruit juice. One glass of apple juice is equivalent to five whole apples and therefore provides the same number of kilojoules. Dried fruit provides about the same number of kilojoules as the fresh produce without the water and fibre so avoid over-eating dried fruit.

**Desirable fibre intake is 30-40 grams per day. Only foods of plant origin contain fibre.**