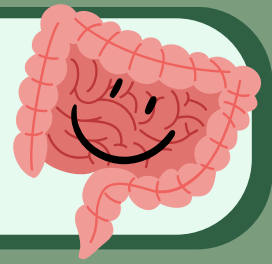




# Fibre for Health



**Did you know?** Health Canada recommends **25g** of fibre daily for women, and **38g** for men!

## What is fibre?

A non-digestible carbohydrate found in plant foods like fruits, vegetables, legumes, nuts and seeds.

## Why is fibre important?

- Bowel regularity
- Gut health
- Lowering blood cholesterol
- Helps you feel fuller for longer

## Tips for increasing your fibre intake

1. Choose *whole grains*
2. Pair at least *1 fruit or vegetable with every meal*
3. Top foods like salad or oatmeal with nuts or seeds for a crunchy fibre boost!
4. Look at % Daily Value for fibre in the nutrition facts table - 5% or less is a little and 15% or more is a lot

## Activity: Fibre Swaps



plain yogurt



plain yogurt + granola and strawberries



potato chips



popcorn



white rice



brown rice

## What does 5g of fibre look like?

