

# fibre

*all your questions answered!*

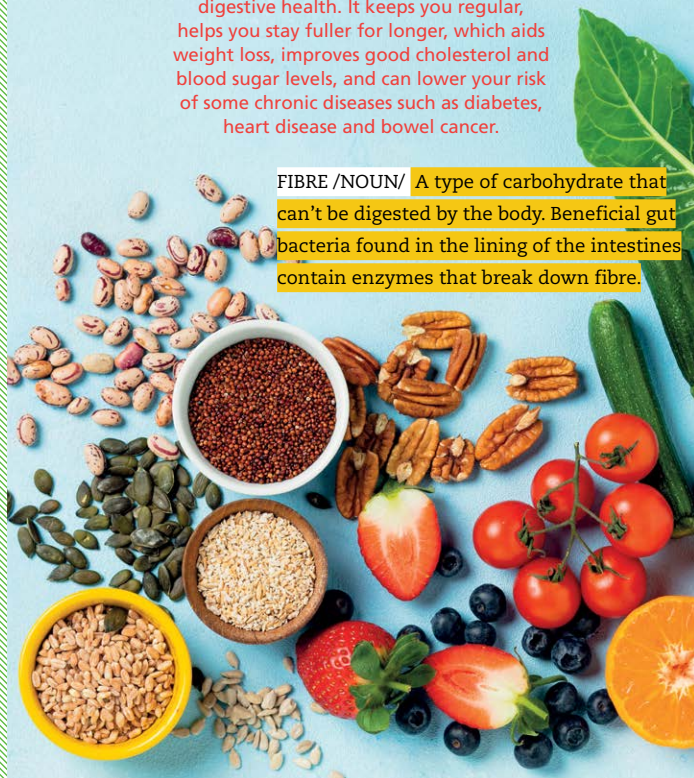
Why eating more fibre is good for overall  
health and wellbeing



## Q: Why do I need fibre in my diet?

A: Dietary fibre is essential for good digestive health. It keeps you regular, helps you stay fuller for longer, which aids weight loss, improves good cholesterol and blood sugar levels, and can lower your risk of some chronic diseases such as diabetes, heart disease and bowel cancer.

**FIBRE /NOUN/** A type of carbohydrate that can't be digested by the body. Beneficial gut bacteria found in the lining of the intestines contain enzymes that break down fibre.



## Q: Why should my diet include wholegrains?

A: Wholegrain foods are rich in dietary fibre and you can work these foods into every meal of the day. Pick n Pay's health brand, Livewell, includes a range of wholegrain products. Just make one small change.

**LIVEWELL**

HIGH  
FIBRE



— Pick —  
one **small** thing

### BREAKFAST

High-fibre, low  
sugar cereals

### LUNCH

Wholegrain bread  
or salads

### SUPPER

Swap white rice  
for brown rice



# Q: How much fibre do I need?



Male: under 50 ➤ 38g per day  
Male: over 50 ➤ 30g per day



Female: under 50 ➤ 25g per day  
Female: over 50 ➤ 21g per day

A: Including fibre in your diet is important, but you need to find the right balance. Too much can lead to constipation and bloating, especially if you're not drinking enough water. Fibre helps attract water to the gut, creating bulk, stimulating the gastrointestinal muscles to contract, and helping promote regularity. And having too little fibre can cause digestive discomfort and leave you hungry between meals.



*Can't I just take a supplement?*

A: Most experts agree that fibre found naturally in food is far better than what you would find in a pill, however, you can take

soluble fibre supplements if you are avoiding high-fibre foods due to a medical condition or food sensitivity.

## MOST FOODS CONTAIN BOTH INSOLUBLE AND SOLUBLE FIBRE. WHAT'S THE DIFFERENCE?

Soluble fibre helps decrease blood cholesterol levels, while insoluble fibre helps promote digestive regularity. They are both good for you but some foods are usually richer in one type than the other.

**SOLUBLE FIBRE:**  
Oats, nuts, beans, apples and blueberries

**INSOLUBLE FIBRE:**  
Seeds, skins of fruits (so eat your peels) and wholegrains



# HOW CAN I FIT IN FIBRE?

- ❖ Sprinkle chia seeds over oats.  
(1Tbsp chia seeds = 5g fibre)

## ❖ Making meatballs?

Replace ¼ of the minced meat with oats (40g oats = 3.6g fibre)

- ❖ Make homemade popcorn using olive oil  
(30g plain popcorn = 4g fibre)

- ❖ Stir cooked legumes into soup  
(100g chickpeas = 8.6g fibre)

- ❖ Try a few dried prunes  
(5 prunes = 4g fibre)



## CONSCIOUS COOKING

Cooking healthily doesn't mean you should skimp on flavour. Try these healthy alternatives

### ❖ HIGH FIBRE LOAF

**Stir** together 1½ cups (375ml) nutty wheat, 1 cup (250ml) wheat bran, 1 cup (250ml) mixed seeds, ½ tsp (3ml) salt and 2 cups (500ml) buttermilk. **Spoon** into a greased loaf pan and scatter over mixed seeds and pumpkin seeds. **Bake** at 180°C for 45 minutes or until a skewer inserted into the centre comes out clean. **Serve** with fruit jam. **SERVES 6-8**



### ❖ HIGH FIBRE MEATBALLS

**Combine** 500g lean beef mince, ½ cup (125ml) rolled oats, 4-5 grated baby marrows, 1 egg, salt and milled pepper and leaves of 1 large sprig thyme. **Shape** into meatballs and place in a roasting dish. **Pour** over 1 bottle (750ml) tomato passata and bake at 180°C for 30 minutes, turning meatballs frequently in sauce. **Serve** topped with fresh herbs. **SERVES 4**

Q: Can fibre help to control weight?

A: Increasing your fibre intake can help you achieve your ideal body weight because of fibre's role in slowing down the digestion of food, keeping you fuller for longer.

### DID YOU KNOW?

Fibre is found only in plant foods. Meat and dairy products have no fibre. Visit a PnP store near you and choose fibre-rich products from the Livewell range.

1



2



3



4



5



6



7



Fibre-rich shopping

LOOK OUT FOR 1. PnP Livewell baked beans in tomato sauce;

2. PnP Livewell long grain brown rice; 3. PnP Livewell oat bran;

4. PnP ready to eat reduced fat hummus; 5. PnP Livewell red lentil penne;

6. PnP Livewell wholewheat spaghetti; 7. PnP Livewell shredded bran

Contact PnP's registered dietitian for more health and dietary advice, email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za) or call 0800 11 22 88