



# The Benefits of Fibre

- Dietary Fibre also known as roughage is the indigestible part of food from plants
- Unlike other food components such as protein or fats, fibre isn't digested by the body
- Instead it passes through the stomach, small intestine and colon helping to flush toxins and other waste out of the body
- Each day we should get 25 grams of fibre
- 80% of Irish adults do not get enough fibre

## Benefits of a high fibre diet:

1. Keeps us full for longer
  - Foods high in fibre absorb a lot of water and expand which means we feel full longer
2. Lowers cholesterol levels
  - Fibre lowers LDL (Low density lipoprotein) or "bad" cholesterol levels
3. Can help control blood sugar levels
  - Fibre can slow the absorption of sugar which helps regulate blood sugar levels
4. Helps maintain normal bowel health

## Good sources of fibre include:

- Fruit (especially skins)
- Vegetables (especially skins)
- Nuts
- Seeds
- Wholemeal and wholegrain breads, wholemeal pasta, wholegrain rice and wholegrain cereals
- Potatoes with skins on

FOOD	AVERAGE SERVING	DIETARY FIBRE (grams)
Shredded Wheat	1 medium bowl	6
Ryvita	1 piece	1.4
Wholegrain bread	1 slice	2.5
Baked potato with skin on	1 medium sized potato	2.7

**Remember - Foods that contain more than 6 grams of fibre per 100 grams are considered high fibre foods**

## RECIPE: Leek and potato soup

### Ingredients:

- 1 small onion
- 3 or 4 leeks
- 1 tsp pure vegetable oil
- 2 medium potatoes
- 850ml vegetable stock
- Freshly ground black pepper

### Method:

1. Peel and chop the onions. Wash peel and chop the leeks and potatoes.
2. Place the onions into a saucepan with a little water and cook for 5 minutes until soft.
3. Add the potatoes and the vegetable stock, then allow the mixture to simmer for 20 minutes.
4. Once cooked, liquidize the soup and reheat it without boiling. Season with black pepper.

### Wholemeal scones - Ingredients:

- 180g (6oz) wholemeal flour
- 1 dessertspoon castor sugar
- 200g (7oz) plain flour
- 1 tsp baking powder
- 50g (2oz) margarine
- 200ml milk

### Method:

1. Preheat the oven to 200 degrees celcius or 400 degrees fahrenheit or gas mark 6.
2. Place the wholemeal flour and sugar in a bowl, sieve in the plain flour and baking powder, then mix well.
3. Rub in the margarine.
4. Add enough milk to make a soft dough, then turn it out onto a lightly floured board and gently knead. Roll out the dough to a 1 inch thickness, using a 2 inch cutter shape the scones.
5. Place the scones on a dusted baking tray.
6. Bake in the preheated oven for about 20 minutes and cool on a wire tray before serving.

### **Nutritional Information**

Recipe	Calories per serving	Fat per serving (g)	Saturated fat per serving (g)	Fibre per serving (g)	Sugar per serving (g)	Sodium per serving (g)
Wholemeal scones	152	4.5	0.5	2	1.75	0.08
Potato + leek soup	52.5	1	0.1	2	2	0.14