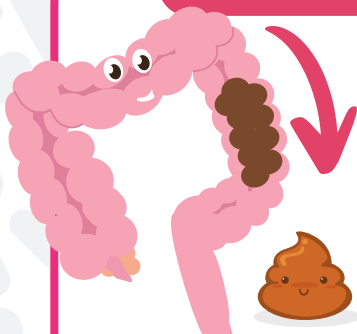


# Dietary Fibre vs Prebiotics

Fibre and prebiotics are both key dietary components to promoting health. Understanding their differences is important so you can make informed decisions about your digestive health.

## What is Dietary Fibre?



Fibre describes plant material that your body cannot digest or absorb. Unlike fats, proteins or carbohydrates which your body breaks down and absorbs, fibre binds with your body's waste products, helping it move through the proper channels!

## There are Two Types of Fibre:

### Insoluble Fibre

Helps keep bowel movements regular.



### Insoluble Fibre

e.g. Cellulose

Wholegrain foods  
Wheat bran  
Corn and corn bran  
Nuts  
Vegetables e.g. cauliflower, broccoli, green beans, spinach  
Fruits, especially fruit skins

### Soluble Fibre

Helps to either bulk up loose stools, or soften firm stools. Can also help to lower blood cholesterol and control blood sugars.

### Soluble Fibre

e.g. Pectin, beta-glucan

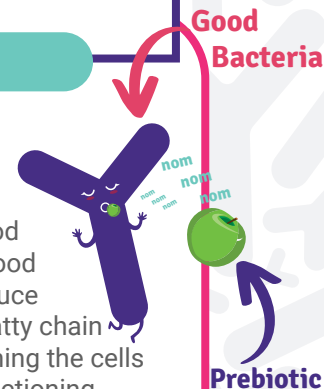
Legumes e.g. beans, lentils  
Oats  
Barley  
Apples  
Citrus fruits  
Avocado  
Chia seeds

## What are Prebiotics?

They are food for our gut microbes.

Prebiotics are indigestible parts of food that ferment in the gut and feed the good bacteria. The good bacteria then produce 'short chain fatty acids.' Short chain fatty acids play an important role in nourishing the cells of our gut barrier, contributing to a functioning immune system, and so much more.

By getting enough prebiotics in our diet, we can improve the number and variety of bacteria in our gut – which supports better overall gut health.



## Prebiotics Can Naturally Be Found In:

- legumes -
- fruit -
- certain nuts -
- seeds & grains -

There are several products on the market to which manufacturers have added prebiotics. For example: cereals, protein supplements, energy bars, and "healthier" cookies.

While most prebiotics are a type of fibre, not all fibres are prebiotics!

To be classified as a prebiotic, the fibre must pass through the GI tract undigested and stimulate the growth and/or activity of certain good bacteria in the large intestines.

Prebiotic fibres in our diets include inulin, fructans and galacto-oligosaccharides (GOS). Some foods that are naturally high in prebiotics are:

<b>Veggies</b>	Jerusalem artichokes, garlic, onion, asparagus cabbage, snow peas, green peas, leeks, shallots
<b>Fruit</b>	Apples, grapefruit, pomegranate, nectarines
<b>Whole Grains</b>	Oats, wheat, barley, rye crackers
<b>Nuts &amp; Seeds</b>	Pistachio nuts, cashews
<b>Legumes</b>	Red kidney beans, soybeans, chickpeas, lentils

## How Much Should You Be Getting In Your Diet?

While there isn't a recommended daily amount of prebiotics to consume, Health Canada recommends 25 grams of fibre per day for women and 38 grams of fibre per day for men.

**TIP:** Next time you are at the grocery store, spend time exploring the produce section, it's the largest section in the store. Fill your cart with lots of colourful fruits, vegetables and try to buy in season. That way you can reach your daily dose of 25 to 38 grams, without even having to think about it!

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