

Ten easy ways to add fibre into your diet

Adding fibre to your diet does not mean that you have to give up your favorite food. Here are some easy ways to incorporate fibre into your diet.

1. Choose a fibre-rich cereal. Choose a cereal that has at least 5 g of fibre per serving. Some good choices are All-Bran flakes, Shreddies, Shredded Wheat or oatmeal.
2. Eat more fruit. Have fruit for a snack or dessert. Have a piece of fruit instead of juice, juice has no fibre. Make sure to eat the skins of fruits like apples and pears, because that is where most of the fibre is.
3. Add one more vegetable to your diet today. Vegetables are low in calories, sugar and a good source of fibre and nutrition.
4. Add a couple handfuls of frozen vegetables (any kind you like) to pasta sauce, soups, stir fries or noodle dishes.
5. Add beans or lentils to your spaghetti sauce or soups. If you are making ground beef, add a can of beans to stretch the beef. Don't forget to rinse canned beans once opened to get rid of extra salt.
6. Choose 100% whole-grain and 100% whole-wheat breads and pasta. The package should say 100% whole grain, or 100% whole wheat.
7. Try brown rice instead of white rice.
8. Have a small handful of nuts as a snack instead of chips.
9. Keep the skins on potatoes and sweet potatoes when you cook them.
10. Choose more fibre when you are getting takeout. Some ideas: try a vegetarian pizza, ask for double vegetables and less rice when ordering Chinese food, ask for ½ fries, ½ salad when ordering a burger and fries.

****Remember to add fibre to your diet slowly, a little day by day, until you reach your daily fibre intake goal. Switching from a low to a high-fibre diet too quickly can cause constipation and cramps.**

****Make sure to drink water when you are increasing your fibre intake. Aim for 1 to 2 litres (6 to 8 cups) per day.**