

Soluble Fibre for Health

What is fibre?

Fibre is the part of plant foods that our bodies can't break down and absorb.

What is soluble fibre?

Soluble fibre is a type of fibre that mixes well (dissolves) in water.

Foods higher in soluble fibre

Vegetables and fruits



Apple



Avocado



Banana



Broccoli



Carrots



Dried apricots



Orange



Pear



Peas



Squash



Strawberries



Sweet potato

Grain foods



Barley



Bran cereal
with psyllium



Oat bran



Oats



Quinoa



Whole wheat
pasta

Protein foods



Black beans



Chickpeas



Ground flax
seed



Kidney beans



Nuts



Peanut and
nut butters

Soluble fibre is good for your health

It can help you:

- manage blood sugar
- lower cholesterol
- feel full longer
- keep your gut healthy
- firm-up loose poop
- soften firm poop

Tips for when you start to eat more soluble fibre

- Slowly add more foods with soluble fibre to your diet.
- Drink lots of fluids like water, milk, tea, coffee, broth, and soup. This will help keep your poop soft.



For more information

Visit ahs.ca/NutritionHandouts and search “[Eat More Soluble Fibre](#)”

For more support



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.
- Visit ahs.ca/Nutrition.