# Soluble Fibre for Health

### What is fibre?

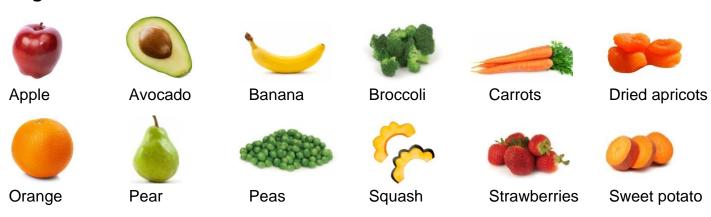
Fibre is the part of plant foods that our bodies can't break down and absorb.

### 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



#### **Grain foods**



#### **Protein foods**





# 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 <u>self-referral form</u> on ahs.ca/811.
- Visit <u>ahs.ca/Nutrition</u>.