

Fibre: Are You Getting Enough?



Fibre is essential to your health...

Although this has been said over and over again in the media and by dieticians, Quebecers still don't get enough fibre in their diet.

Still a Long Way to Go

According to recent consumer studies, fibre intake in both children and adults is only half of what they actually need. And with higher fibre requirements, men (adults as well as teens) are even further from attaining their goal.

Average Fibre Consumption

	Average Consumption ^{1, 2, 3, 4} (g)	Recommended ⁵ intake (g)	Proportion of need fulfilled (approx.)
Children (4-8 yrs)	12	25	48 %
Teenagers/Male (9-16 yrs)	16	31 to 38	47 %
Teenagers/Female (9-16 yrs)	14	25 to 26	55 %
Women	15	25	60 %
Men	17	38	45 %

^{1, 2, 3, 4, 5} See References below

Benefits of Fibre

Benefits are numerous and vary according to the type of fibre:

INSOLUBLE FIBRE

- Helps regulate intestinal function
- Helps control weight

SOLUBLE FIBRE

- Contributes to reducing the risk of cardiovascular disease
- Provides help in controlling Type 2 diabetes

How Much Fibre Is There In...

FRUITS AND VEGETABLES

Unpeeled apple, unpeeled pear, orange (1)	4 g
Green peas and carrots (1/2 cup / 125 mL)	4 g
Banana (1)	3 g
Blueberries or raspberries (1/2 cup / 125 mL)	2 g
Cauliflower, Brussels sprouts, broccoli (1/2 cup / 125 mL)	2 g
Tomato	2 g
Dried fruit (raisins, prunes, apricot)	3 g
Lettuce (1 cup / 250 mL)	1 g

LEGUMES

White or red kidney beans, cooked (1 cup / 250 mL)	12 g
Lentils and chick peas, cooked (1 cup / 250 mL)	8 g

CEREAL

Oat flakes (1 cup / 250 mL)	8 g
Cooked oatmeal (1 cup / 250 mL)	4 g
Shredded wheat (1 biscuit)	3 g
Cream of wheat (1 cup / 250 mL)	2 g

WHOLE GRAIN BREAD

Whole wheat bread (2 slices)	4 g
St-Méthode 9 Whole Grains, no fat, no sugar added bread	7 g
St-Méthode 9 Whole Grains Campagnolo bread	7 g

References

1. National Institute of Nutrition Report; 8 (4) (1993)
2. Canadian Community Health Survey: Overview of Canadians' Eating Habits - Nutrition, Statistics Canada (2004)
3. Enquête de nutrition auprès des enfants québécois de 4 ans, Institut de la statistique du Québec (2005)
4. Enquête sociale et de santé des enfants et des adolescents québécois - Volet nutrition, Institut de la statistique du Québec, Government of Québec (2004)
5. Institute of Medicine and Food and Nutrition Board. Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty acids, Cholesterol, Protein, and amino acids. National Academy of Sciences, Washington D.C. (2002)



BAKERY
• SINCE 1947 •



Are You Getting Enough Fibre in Your Diet?



Here's a quick test to measure your daily fibre intake:

1. Write the number of grams corresponding to your answer to each question in the column marked Answer.
2. Add the numbers in the Answer column to obtain your daily intake of fibre.
3. Read the recommendations according to your total fibre consumption.

					ANSWER (grams)
1. How many slices of whole grain bread do you eat per day?	a) 0 (0 g)	b) 1 (2 g)	c) 2 to 3 (5 g)	d) 4 or more (8 g)	
2. How many slices of bread with peanut butter (or other nut) do you eat?	a) 1-2 per week (0 g)	b) 1-2, every 2 days (1 g)	c) 1 per day (1 g)	d) 2 per day (2 g)	
3. Do you eat cereal...					
A. ...with 4 to 10 g of fibre per serving (oatmeal, Shredded Wheat™, Raisin Bran™, Mini Wheat™)?	a) Never or rarely (0 g)	b) 1-2 times/week (1 g)	c) Every 2 days (3 g)	d) Every day (6 g)	
B. ...with more than 10 g of fibre per serving (All Bran™, Bran Buds™ with psyllium, Fibre 1™)?	a) Never or rarely (0 g)	b) 1-2 times/week (2 g)	c) Every 2 days (6 g)	d) Every day (11 g)	
4. Do you eat side dishes that are rich in fibre (such as brown rice, bulgur and others)?	a) Never or rarely (0 g)	b) 1-2 times/week (2 g)	c) Every 2 days (4 g)	d) Every day (7 g)	
5. How often do you eat legumes per week (chick peas, lentils, red beans, etc.)?	a) Never or rarely (0 g)	b) Once a week (2 g)	c) Twice a week (3 g)	d) More than twice a week (6 g)	
6. How many fruits do you eat per day (apple, pear, peach, banana, orange, grapefruit, etc.)?	a) 0 (0 g)	b) 1 (3 g)	c) 2-3 (8 g)	d) 4 or more (12 g)	
7. Do you eat fresh or frozen berries (strawberries, raspberries, blueberries, blackberries, etc.)?	a) Never or rarely (0 g)	b) 1-2 times/week (0.5 g)	c) Every 2 days (1 g)	d) Every day or just about (2 g)	
8. How much dried fruit do you eat (raisins, dried apricot, dates, dried figs, dried cranberries, etc.)?	a) Never (0 g)	b) 1 handful/week (0.5 g)	c) 1 handful here and there (1 g)	d) Every day (2 g)	
9. How many servings (1/2 cup/125 mL) of vegetables do you eat per day (broccoli, carrots, cauliflower...)?	a) 0-1 serving (0 g)	b) 2 servings (4 g)	c) 3-4 servings (7 g)	d) 5 servings or more (10 g)	
10. How many handfuls (2 tbsp./30 mL) of nuts or seeds do you eat?	a) None (0 g)	b) 1-2 handful/week (0.5 g)	c) 1 handful/day (2 g)	d) 2 handfuls/day (4 g)	

DAILY FIBRE INTAKE	RECOMMENDATIONS	TOTAL (g)
Less than 15 g per day	Health Canada's recommended intake is at least 25 g of fibre per day. Eat 1-2 more fruits as snacks, raw veggies at lunch, and try a new recipe for legumes!	
15 to 25 g per day	You're almost there! One more apple and a handful of nuts should do the trick.	
Over 25 g per day	Excellent!	

Boulangerie St-Méthode's Newest Hearty Additions: Deliciously Nutritious!

Boulangerie St-Méthode's new breads are among the most fibre-rich on the market.



BAKERY
• SINCE 1947 •



St-Méthode 9 Whole Grains, no fat, no sugar added bread and Campagnolo 9 Whole Grains bread:

- Provide 7 g of fibre per 2-slice serving from a careful blend of whole grains
- Fulfil over half the need for omega-3's through the addition of flax seed to the mix
- Made with olive oil, Campagnolo 9 Whole Grains bread contains good monounsaturated fats.

For more information call toll free 1-800-463-6317
or log on to www.boulangeriestmethode.com