

WHY IS FIBRE IMPORTANT ?

Human body requires fibre to maintain good health.

There are numerous ways in which fibre benefits health:

- Helps to lower plasma glucose values as well as lowering insulin requirements.
- Helps to lower cholesterol levels.
- Fibre rich foods are lower in calories.
- Have better satiety value-helps to control obesity.
- Helps to prevent cancer.
- Keeps our bowels in good working order, By holding water & keeping waste moving.

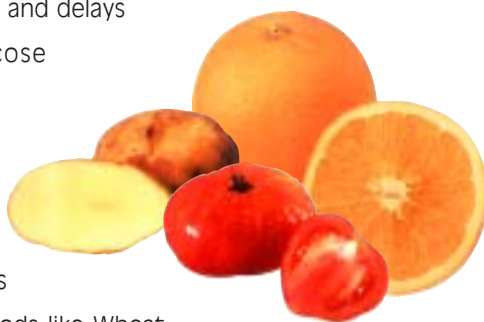
SOURCES OF FIBRE

Fibre is of two types- Soluble and Insoluble

Soluble fibre includes gum, pectin. They act like jelly by forming sticky globular substance in the stomach and delays gastric emptying, slows glucose absorption & lower cholesterol.

This type of fibre is found in Beans, oats, barley, fruits and vegetables. Insoluble fibre includes

hemicellulose & lignin found in foods like Wheat bran, whole grains and vegetables.



Dietary fibre is present only in Plant foods.

Milk & Milk products, fish, poultry, eggs contain negligible amounts of fibre.

WHERE TO FIND IT ?

- Eat whole wheat bread instead of white bread.
- Unpolished rice contains more fibre than polished rice.
- Eat whole wheat flour, bajra, jawar, ragi.
- Avoid refined flour like maida, Noodles, spaghetti, macaroni.
- Do not sieve the flour before kneading.
- Eat more legumes, beans and pulses with the skin.
- Eat sprouts at least thrice a week in form of missal, raita, bhel etc.

- Eat fruit with the skin.
- Eat your salad before you eat your meals.
- Increase consumption of raw vegetables.
- Do not discard outer leaves of vegetables.
- Eat potatoes with the skin.
- Have unstrained soups.
- Include bran in gravies, soups, salads, curds or porridge
- Include 2 tsp methi seeds thrice a day before breakfast, lunch & dinner.
- Be sure to include at least 2 liters of water in a day.



FIBRE CONTENT OF SOME COMMON FOODS.

Food	Serving	Fibre in gms
Salt	1 tsp	1965
Baking pd	1tsp	339
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MSG	1 tsp	492
Egg	1 no.	50
Cow's milk	1cup	110
Butter	1 tbsp	116
Margarine	1tbsp	140
Cheese		
Mayonnaise	1tbsp	78
Soy sauce	1tbsp	1029
Salad dressing	1 tbsp	109-224
Biscuits		
Bread	1 slice	320

DIETITIAN
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