

1 **Fibre in Food**

Semester A: Basics

Class # 6

Nov 3, 2015

2 **We will Explore**

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- Why Do You Need Fibre
- Types of Fibres
- Forms of Fibres
- Sources of Fibres
- How to Incorporate Fibre

3 **What is Dietary Fibre?**

- Dietary fiber or roughage is the indigestible portion of food derived from plants.
- Greatest Effect but Least Understood.
- Modern Cooking/Food Preparation has Eliminated it from Food.

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4 **What is Dietary Fibre?**

- Most North Americans only eat about half of the fiber they need!
- Important for maintaining good health

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5 **What Does it Do?**

- Dietary fibers can act by changing the nature of the contents of the gastrointestinal tract and by changing how other nutrients and chemicals are absorbed.

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6 **Why Do You Need Fibre**

- Lower Blood Cholesterol
- Stabilize Blood Sugar
- Prevent Colon Cancer
- Prevent Constipation
- Prevent Hemorrhoids
- Prevent Obesity
- Prevent Bowel Disease
- Reduce Heart Disease
- Improve Varicose Veins
- Support Auto Immune System
- More ..

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Types of Fibre

Two main components:

- Soluble fiber

which dissolves in water, is readily fermented in the colon.

- Insoluble fiber
which does not dissolve in water, is metabolically inert and provides bulking.

WE NEED BOTH

8 **Fibre Sources**

- All fruits, vegetables and grains contain fibre
- Soluble fiber
Barley, Beans, Peas, Lentils, Oat bran, fruits and vegetables
- Insoluble fiber
Whole grains, wheat bran, brown rice, nuts, fruits and vegetables
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Fibre: Forms

There are 6 Forms of Fibres

- Cellulose
- Demi-cellulose
- Inulin
- Lignin
- Mucilage
- Pectin
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10 **Brans**

- Rice and Oat Bran
Remove Cholesterol

11 **Psyllium**

- Psyllium Seed Husk
A soluble fibre part removes Cholesterol and insoluble part scrubs the intestine walls of potential carcinogens and other encrustations.

Note: Psyllium can absorb 20 times its volume of water, it must be used with care or it can cause intestinal blockage.

12 **Flax Seeds**

- Protect against *Rheumatoid Arthritis and Atherosclerosis.
- Good source of EFA
- * Rheumatoid Arthritis is a autoimmune system and osteoarthritis is a diseases of the bones.

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Fibre: Notes

- Go Slow: Start with a little and increase it until your stools are the proper consistency.
- Insoluble Fibre absorbs 3 times its weight

14 **How Much We Need?**

- Males (14-50 years old) = 38 grams/day
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- Females (9-50 years old) = 25 grams/day
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- On average we need about 14 grams of fiber per 1000 calories
(e.g. for a 2000 calorie diet: $14 \times 2 = 28$ grams)
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