Fibre and Fluids

FOR PEOPLE WHO CAN BENEFIT FROM A HIGH FIBRE DIET

OAKVILLE COLORECTAL GROUP

1 Fibre from Food

Fibre comes from plants. It passes through our gut and does not get digested.
Men should try to eat a minimum of 38 grams each day.
Women should try to eat a minimum of 25 grams per day.

Find fibre in:

- Beans
- Lentils
- Fruits
- Vegetables
- Whole grains
- Wheat bran cereals
- Nuts
- Seeds

Fibre found in plants also comes with extra vitamins, minerals and phytochemicals that can help your health.

Get more fibre in your diet by choosing at least 1 fibre rich food at each meal and snack.

2 Fibre from Supplements

Psyllium fibre can help with hemorrhoids, IBS, constipation, diarrhea and other gut problems. It absorbs water and gels in your gut. This makes your poop soft, smooth and easy to pass through your body.

Options: Psyllium Husk Powder or Metamucil Powder
Dose: 1 tbsp = 3.4 grams of psyllium fibre
Start with 1 tbsp per day for 3-5 days.
Add 1/2 tbsp every 3 days until reaching your desired dose of psyllium fibre.

Metamucil powder is taken by mixing it into a liquid and drinking. Mix 1 tbsp with at least 250ml (1 cup) fluid.

Psyllium husk (left) can be sprinkled into many different foods like: oatmeal, cereal, smoothies, yogurt, pasta sauce, soup, stew, salads, stirfrys and used in baking.

Most people can take psyllium with few side effects. If you have any discomfort, pain, or GI concerns tell your doctor or dietitian.

*Note that some commercial supplements may have slightly different doses of psyllium per serving. Check the label before you begin.

3 Add More Fluids

If you are adding fibre (of any kind) to your diet you need more fluids to help fibre gel and move through your body.

Aim for 2000ml (2 Litres) up to 2500ml (2.5 Litres) per day. Your doctor or dietitian can give you a set goal if needed.

What does 2000ml look like in a day?

250ml (8oz) cup of coffee
500ml large glass cup filled with water, lemon and mint leaves (for taste)
355ml sparkling water with lunch and jello for dessert
250ml pepermint tea
350ml milk with dinner
250ml sleepy time tea or water at night

*soups, broth, yogurt, ice cream, pudding, popsicles, soft drinks, and juicy fresh fruit can also be counted toward your daily fluid intake.

Notes

NEED HELP? HAVE MORE QUESTIONS?

BOOK WITH A REGISTERED DIETITIAN
WWW.OAKVILLECOLORECTAL.COM/NUTRITION

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