

Fibre content of different foods

Foods	Portion	Fibre (g)
Grain products		
● White rice	1 bowl (200g)	0.8
● Whole grain rice	1 bowl (200g)	3.6
● White bread	2 slices (83g)	2
● Whole wheat bread	2 slices (93g)	6.3
Vegetables		
● Broccoli	1/2 bowl (78g)	2.0
● Spinach	1/2 bowl (90g)	2.2
Fruits		
● Orange	1 medium size (130g)	3.1
● Orange juice	1 cup (240ml)	0.5
● Kiwi fruit	2 pieces (152g)	5.2
Meat and Alt.		
● Pork Chop	1 piece (85g)	0.0
● Fish fillet	1piece (85g)	0.0
● Beans	1/2 cup (86g)	5.2
● Kidney beans	1/2 cup (89g)	6.6

Source: USDA National Nutrient Database for Standard Reference

Dietetic Unit: 2200 3544

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St. Teresa's Hospital
聖德肋撒醫院

High Fibre Diet



- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
- * Lok Fu: 5 mins by taxi
- * Mongkok: by red line minibus, get off at Lomond Road
- * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
- * Mongkok East: about 5 minutes by taxi
- * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154

Health Information

Function of Dietary Fibre

- Prevent Constipation and Colon Cancer
 - ✓ Increase bulk and volume of your stool and softens it to help pass through the intestine easier and faster
- Lower Blood Cholesterol Levels
- Help Control the Level of Blood Glucose
- Help in Weight Management
 - ✓ making you feel full longer

Different Types of Dietary Fibre

	Function	Food Source
Insoluble Fibre	Increase bulk of the stool to help pass through the intestine faster and easier	<ul style="list-style-type: none"> ● Whole grains, wheat bran ● Legumes, vegetables, skins of fruits
Soluble Fibre	Dissolves in water to form a gel like material to increase the time that the food stays in the stomach. It can help lowering blood cholesterol and control blood glucose level.	<ul style="list-style-type: none"> ● Oats, barley, psyllium, flaxseed ● Peas, vegetable and fruits

Recommended Daily Intake

Adult	25 – 30 g
Children (<18)	Age + 5 g

Example:

If a child is 7 years old, the recommended daily intake should be $7+5 = 12g$.

High Fibre Diet for Prevention of Constipation

1. Aim for a High Fibre Breakfast

- To incorporate fibre in your breakfast, you can try the following:
 - ✓ Whole grain cereal with fruits, dried fruits or nuts
 - ✓ Wheat toast with baked beans
 - ✓ Oatmeal or congee with brown rice
 - ✓ Can add mushrooms, corn, lettuce, leafy vegetables, pumpkins, sweet potatoes, peanuts, legumes etc. to the congee

2. Drink more Water and Fluid

- ✓ Adequate fluid is needed for the fibre to function well
- ✓ Suggest to have at least 8 cups or 2000 ml of water or fluid per day

3. Include Whole Grains in your Diet

- ✓ Use red or brown rice in place of some of the white rice
- ✓ One bowl of brown rice has double the fibre than the same amount of white rice

4. Remember 2+3

- ✓ Suggest to have 2 servings of fruits and 3 servings of vegetables daily

1 serving of vegetable	1 serving of fruit
<ul style="list-style-type: none"> ● 1 bowl of raw leafy vegetables (e.g. lettuce, purple cabbage) ● 1/2 bowl of cooked vegetables, sprouts, gourds or mushrooms ● 1/2 bowl of cooked beans (e.g. snow peas, red kidney beans) 	<ul style="list-style-type: none"> ● 2 pieces of small-sized fruits (e.g. plum, kiwifruit) ● 1 piece of medium-sized fruit (e.g. orange, apple) ● 1/2 piece of large-sized fruit (e.g. banana, grapefruit, star fruit)
<ul style="list-style-type: none"> ✓ Can use vegetables as snacks such as cucumber, baby carrots or celery sticks ✓ Consider blended vegetable instead of vegetable juices 	<ul style="list-style-type: none"> ✓ Choose a variety of fruit as snacks ✓ Eat the fruit with the skins ✓ Avoid drinking fruit juices as the fibre content is very low

5. Exercise Daily for 30 minutes

- ✓ Increased activities can help with the motility of the intestine to help in constipation

6. Probiotics for Better Digestive System

- ✓ Probiotics are live bacteria that are similar to the “good bacteria” found in the human intestine. When the bacteria are in good balance in the human intestine, it can promote a healthy digestive system
- ✓ Foods that contain probiotics include yogurt or yogurt drinks