Soluble Fibre for Health

What is fibre?

Fibre is the part of plant foods that our bodies can't break down and absorb.

What is soluble fibre?

Soluble fibre is a type of fibre that mixes well (dissolves) in water.

Foods higher in soluble fibre

Vegetables and fruits



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Soluble fibre is good for your health

It can help you:

- manage blood sugar
- lower cholesterol
- feel full longer
- keep your gut healthy
- firm-up loose poop
- soften firm poop

Tips for when you start to eat more soluble fibre

- Slowly add more foods with soluble fibre to your diet.
- Drink lots of fluids like water, milk, tea, coffee, broth, and soup. This will help keep your poop soft.



For more information

Visit ahs.ca/NutritionHandouts and search "Eat More Soluble Fibre"

For more support

- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a selfreferral form on ahs.ca/811.
- Visit ahs.ca/Nutrition.

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