

A healthy eating guide : fibre / Tesco Stores Ltd.

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TESCO

A
Healthy
Eating
guide



Fibre

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The first Tesco Guides to Healthy Eating were produced in 1985, recommending that we cut down on fat, particularly saturated fat, sugar and salt and increase the amount of fibre we eat. Recent guidelines for Healthy Eating suggest the same types of changes are still necessary to make our diets more healthy. This guide discusses the latest issues with regard to fibre in our diet.

WHAT IS FIBRE?

Fibre is made up of a number of complex substances which are all types of carbohydrate. They are only found in plants and come mainly from the plant cell walls. However, foods which are rich in fibre such as wholemeal bread, pasta, pulses and potatoes, provide more than just fibre in our diet. They also contain vitamins and minerals, are low in fat and good sources of starchy carbohydrate. Together with fruit and vegetables, we should be aiming to eat more of these foods.

WHY DO WE NEED FIBRE?

Fibre is an important part of our daily diet because it:

- Stimulates the digestive system
- Helps prevent constipation
- Helps reduce the risk of digestive disorders
- Makes us feel full
- Contributes few calories

There are two types of fibre, insoluble and soluble.

INSOLUBLE FIBRE is found mainly in wheat products like wholemeal flour, bread and pasta, some breakfast cereals, bran and fibrous vegetables like carrots. It is important because it acts rather like a sponge when we eat it, soaking up moisture in the stomach and swelling up. This makes us feel full and stimulates the digestive system.

SOLUBLE FIBRE is found in significant amounts in virtually all fruits and vegetables. However, the richest sources of soluble fibre are pulses e.g. red kidney beans, baked beans, dried peas and lentils, and also products containing oats, barley or rye, e.g. porridge, pearl barley in soups, rye bread.

There is some evidence to suggest that soluble fibre, particularly that found in oats, peas, beans and lentils, may help to reduce the level of cholesterol in the blood. This is most effective in combination with a diet low in fat, particularly saturated fat.

HOW MUCH FIBRE DO WE NEED?

Currently we consume, on average, about 13g of fibre in the food we eat each day. On average we should be aiming to eat around 18g a day.



The easiest way to measure how much you are eating is to look for the nutrition information panel on Tesco brand foods and simply add up the number of grams of fibre per serving. The High Fibre logo will also help guide you to the foods that contain the most fibre.

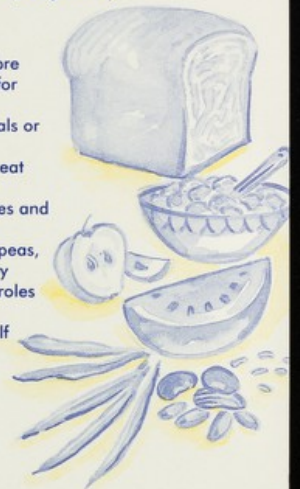
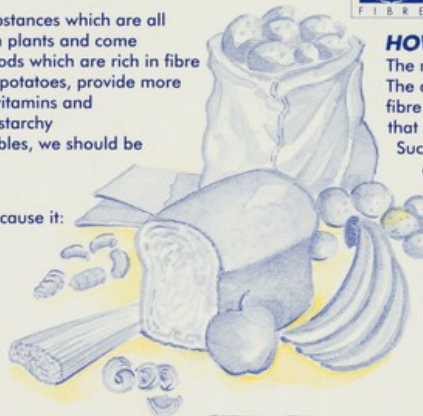
HOW CAN WE INCREASE FIBRE IN THE DIET?

The majority of us need to increase the amount of fibre we eat. The chart overleaf shows which foods are the best sources of fibre and the key to increasing the amount we eat is to ensure that a variety of them are included in the daily diet.

Such a balanced approach is essential and we would advise against attempting to increase fibre in the diet simply by sprinkling bran over everything. Bran is, of course, a good source of fibre, but very large quantities are thought to reduce our ability to absorb sufficient minerals and vitamins from food. Eating more fibre should not involve a drastic change to our normal eating pattern. You may find it easier to increase your fibre intake if you gradually introduce fibre rich foods to your diet.

TRY SOME OF THESE TIPS

- Eat more wholemeal bread or high fibre white bread. Use thicker bread or rolls for sandwiches.
- Eat more whole grain breakfast cereals or those which contain bran or oats.
- Eat more brown rice and whole wheat pasta.
- Eat more fresh fruit and vegetables and eat the skins wherever possible.
 - Include pulse vegetables, e.g. peas, beans and lentils in your diet. Try adding them to stews and casseroles
 - Use wholemeal flour in home baking. Half wholemeal and half white flour gives good results.



HIGH FIBRE CHART

| | Food | Serving Size |
|--------------------|---|---------------------------------------|
| 8+ grams of Fibre |  | Wholemeal Bread 125g/4½oz |
| | | Beans in Tomato Sauce 140g/5oz |
| | | Frozen Peas 75g/2¾oz |
| 6-8 grams of Fibre |  | Breakfast Bran 30g/1oz |
| | | Wholewheat Muesli 50g/1¾oz |
| | | Processed Peas 85g/3oz |
| | | Spinach 100g/3½oz |
| | | Raspberries 100g/3½oz |
| | | Blackberries 100g/3½oz |
| | | Dried Apricots 30g/1oz |
| | | |
| 4-6 grams of Fibre |  | Granary Bread 125g/4½oz |
| | | Wheatgerm Bread 125g/4½oz |
| | | Bran Flakes 30g/1oz |
| | | Bran Muesli 50g/1¾oz |
| | | Wholewheat Cereal 36g/1¼oz |
| | | Red Kidney Beans 65g/2¼oz |
| | | Sweetcorn 75g/2¾oz |
| | | Spring Greens 150g/5¼oz |
| | | Bananas 150g/5¼oz |
| | | Prunes, dried 30g/1oz |
| | | Almonds 30g/1oz |
| | | Wholewheat Pasta 130g/4½oz |
| | | |
| 2-4 grams of Fibre |  | White Bread 125g/4½oz |
| | | Porridge Oats 50g/1¾oz |
| | | Swiss Style Breakfast Cereal 50g/1¾oz |
| | | Butter Beans 65g/2¼oz |
| | | Lentils, boiled 100g/3½oz |
| | | Runner Beans 75g/2¾oz |
| | | Carrots 100g/3½oz |
| | | Brussel Sprouts 75g/2¾oz |
| | | Apples 125g/4½oz |
| | | Pears 150g/5¼oz |
| | | Oranges 170g/6oz |
| | | Boiled Potatoes 150g/5¼oz |
| | | Brazil Nuts 50g/1¾oz |
| | | Brown Rice 125g/4½oz |
| | | |

Fibre rich foods are filling and tend to be low in energy (Calories).

Because small children need plenty of energy in order to grow, but feel "full up" very quickly, it is important that their diets do not contain too much fibre.

If you have any questions about Healthy Eating, please write to:
Customer Services, Tesco Advice Centre, PO Box 18, Cheshunt, Herts, EN8 9SL.

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