

## **High fibre diet / Merton & Sutton Health Authority.**

### **Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

MERTON & SUTTON HEALTH AUTHORITY

## HIGH FIBRE DIET



## INTRODUCTION TO HIGH FIBRE DIET

Fibre is the term given to the supporting or strengthening part of plants. It is present in all parts of the plant — leaf, flower, seed, fruit, stem, root, bulb and tuber. Therefore we eat fibre whenever we eat, for example, cabbage, cauliflower, cereal (or seed) products, apple, celery, beetroot, onion and potato. For the most part fibre is not digested or absorbed. Therefore, fibre is not 'nourishing' in the usual sense of the word. However fibre is necessary for the proper working of the intestine and hence of the whole body. For instance, in the large bowel fibre adds bulk to the stool and gives it the correct consistency.

Many people's diet in this country is lacking in fibre. This is because they eat little plant food or, more importantly, because the plant food they do eat has been processed in such a way as to remove or destroy the fibre. An important example of a fibre-depleted food is white flour, which contains practically none of the fibre present in the wheat grain. In the milling of white flour the fibre-rich outer layers of the grain are discarded and sold separately as bran. (Bran is also rich in vitamins and minerals). Similarly ordinary white rice is rice grains from which bran has been removed.

If your new diet is very different from your old one it may take you a little while to get used to it. You may find it easier to change over gradually rather than all at once. The diet should be continued indefinitely. Do not stop it except on medical advice.

The first principle of your diet is to **AVOID WHITE FLOUR** and anything made with it. Substitute 100 per cent whole wheat flour for bread, cakes, pastry, etc.

The second principle is to eat plenty of fruit and vegetables of all kinds. Whenever possible eat them raw or cooked lightly.

Thirdly you may be advised to take extra fibre in the form of unprocessed bran. This is food, but you should treat the prescription of it as seriously as if it were a medicine.

## THE FOLLOWING HAVE A HIGH FIBRE CONTENT

### Breakfast Cereals

Porridge oats, Weetabix, Shredded Wheat, All-bran.

### Flour

Whole Wheat or Whole Rye (100 per cent extraction). e.g. Allinson's, Prewett's, Priston Mill.

### Bread

Any made from WHOLE WHEAT OR WHOLE RYE FLOUR (100 per cent extraction). Most so-called wholemeal is not made of whole grain flour. You can make an extra high fibre bread yourself (see page 6).

### Rice

Use brown rice if you can. Otherwise add bran to white rice.

### Cakes and Biscuits

Use whole wheat flour, oatmeal or rolled oats with dried fruits and nuts. Digestive biscuits, whole grain crispbread, e.g. Ryvita.

### Fruit

All kinds — in generous amounts and raw with skins, if possible; also dried fruits.

### Vegetables

All kinds — in generous amounts. As much raw as possible. Potatoes should be boiled or baked in their jackets.

### Soups

Those made with vegetables



## INSTRUCTIONS FOR USING BRAN

If you have been recommended to use bran you should take it as follows:

1. One heaped teaspoon bran 3 times a day before meals or with the first course.
2. Alternatively: One tablespoonful at breakfast.
3. Three thick slices of wholemeal bread provides roughly the same amount of fibre as nos.1 or 2.

## SOME WAYS OF TAKING BRAN

1. Mixed with breakfast cereal or with a little milk.
2. In soups or sauces or with stewed fruit.
3. In homemade bread, cake and biscuits.  
1-2 oz (60g) bran should be added to each 1 lb (480g) wholemeal flour used.  
The flour should be 100 per cent extraction wholemeal flour and recipes for wholemeal flour should be followed. See page 6 for a bran-enriched bread recipe.

## SUPPLIERS

Natural or Unprocessed Bran: All Health Food shops, Corn Merchants.

Wholemeal flour & bread: Health Food shops, Home Bakeries and some supermarkets (e.g. Marks & Spencers and Sainsbury's).

## SOME HIGH FIBRE RECIPES

### 'Bran plus' loaf

(wholemeal bread with extra bran)

2 lb wholemeal flour, 100 per cent

3 oz unprocessed bran

28 oz lukewarm water

1 tspn brown sugar, treacle or honey

½ oz dried yeast (1 tablespoon)

2 tspn salt

Mix salt with flour and bran. Mix yeast with sugar and add ½ cup water. Leave for 10 minutes to froth up then pour into flour and add rest of water. Mix well and knead for 5 minutes. Put into bread tins and leave to rise for about 1½ hours. Bake in a hot oven for 40 minutes.

### Pastry

8 oz flour, 100 per cent wholewheat

4-5 oz fat.                      pinch of salt

Rub in fat and salt. Add water to mix and knead lightly to a fairly wet dough. Roll out and bake as required in oven Reg. 7 (450°) for 20 minutes then lower to Reg. 5 (375°) until cooked.

For fruit pies brush surface with milk and sprinkle with a little sugar.

### Winter or Cabbage Salad

White cabbage shredded finely, plus a little onion, apple, green pepper, carrot, tomato, cucumber, dates and nuts to taste. Toss in French dressing and leave for half an hour before serving.

### Apple Crumble

1 lb apples                      3 oz butter or margarine

2 oz sultanas                  2 oz desiccated coconut

4 oz wholemeal flour      1½ oz brown sugar

Prepare the apples and slice and place in a greased fireproof dish in layers with the sultanas. Rub the butter into the flour. Add the coconut and sugar and continue to rub until the mixture forms very small lumps. Spread evenly over the apples and bake for approximately 30 minutes at Reg.6 (400°).

## EXAMPLE OF HIGH FIBRE MEAL PATTERN

### Breakfast

- \* Porridge or high fibre cereal plus your dose of bran and milk.  
Egg, bacon, ham, fish, tomatoes.  
Wholemeal bread or toast plus butter.
- \* Coarse marmalade.  
Tea, coffee or fruit juice.

### Mid-morning

Drink.

### Mid-day meal

- Soup plus dose of bran.  
Meat, fish, eggs or cheese.  
Large helping cooked vegetables.
- \* Potatoes boiled or baked *in their* jackets.  
Fresh or stewed fruit or pudding made with fruits.

### Mid-afternoon

Tea, etc.

### Evening meal

Meat, fish, eggs or cheese.  
Large helping mixed raw vegetables, e.g. winter salad, plus dose of bran.  
Wholemeal bread plus butter.

### Bedtime

Fresh fruit.

- \* Avoid these if you are on a weight reducing diet.