

**FIBRE CONTENT IN GRAM PER 100 GRAM  
EDIBLE PORTION OF FOOD**

FIBRE CONTENT	
Less than 2 gram	More than 3 gram
Polished rice Mee hoon	Brown rice Wholemeal pasta, capati
Wafer biscuits	Digestive biscuits, Bread wholemeal, Oat meal
Tomato Chinese cabbage Starfruit Water melon Apple Grapes Towfoo fah	Ladies fingers Carrots Soursop Banana Rastali Gurva Banana (Mas) Lotus seed, peanuts

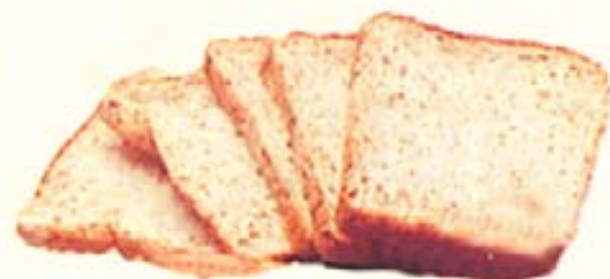
**GOOD BUYS FOR FOOD HIGH IN FIBRE**

- Atta flour
- Wholemeal bread
- Pasta
- Red beans
- Dhal
- Soya beans
- Potatoes
- Yam
- Leafy vegetables
- Fruit vegetables
- Root vegetables
- Carrot
- Peanuts
- Chickpeas



**HEALTHY EATING**

**FIBRE**



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## WHAT IS FIBRE .....

Healthy eating does not mean eating **LESS** of everything. Here's something you can actually eat more - **FIBRE**.

Fibre is found only in plant foods such as:

- cereals : rice, wheat, oat, corn.
- bean & pulses : soya bean, red bean, dhal, pea.
- fruits and vegetables.

Fibre rich food also contain vitamins and minerals.

Unrefined cereals and its products have more fibre.

Fibre itself has no calories. However, fibre rich food tend to have more vitamins and minerals.

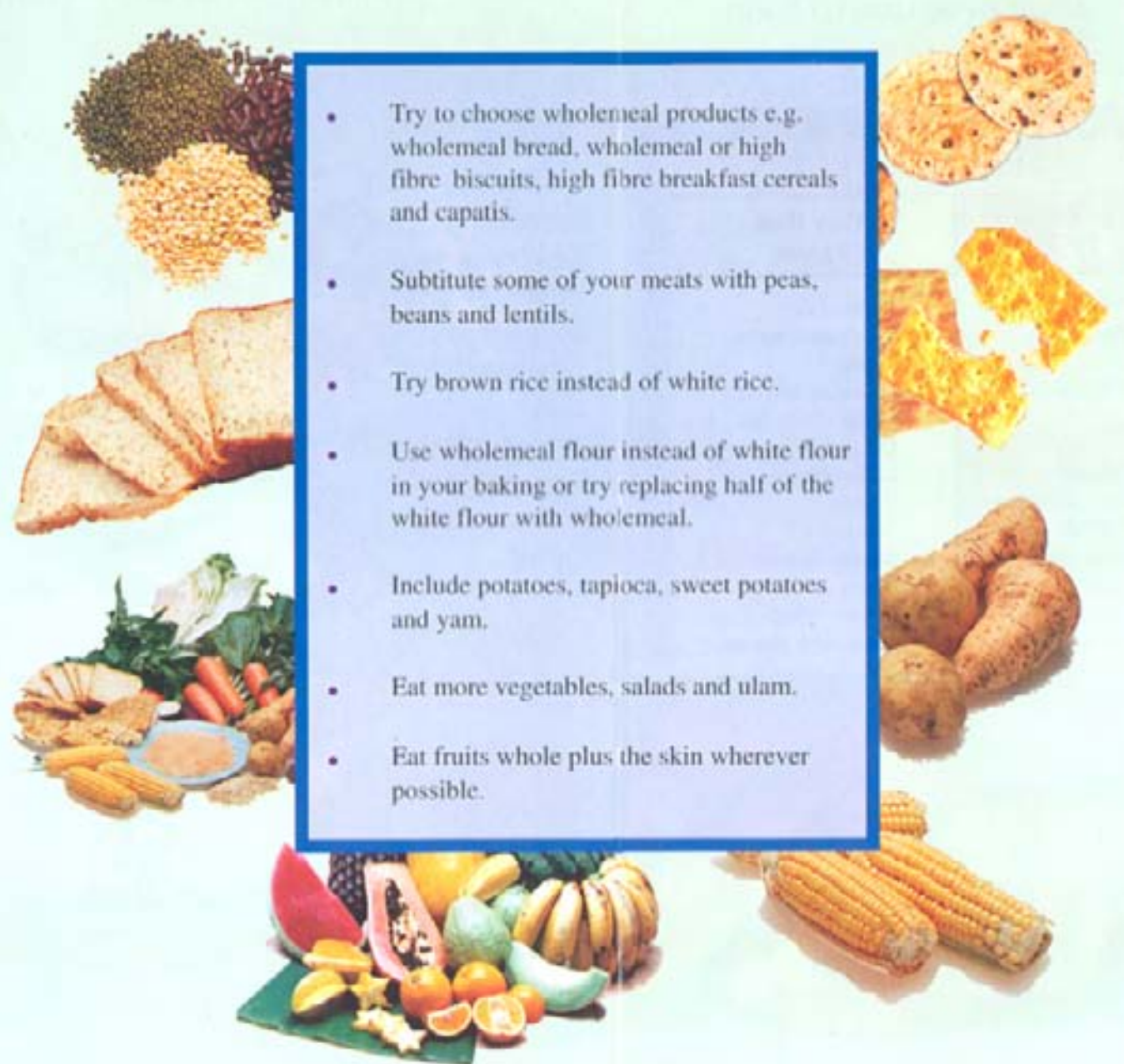
Nuts can be a good source of fibre. However, it is high in fat.

## WHY IS FIBRE IMPORTANT .....

It is an important part of your diet because it:

- stimulates the digestive system.
- helps prevent constipation.
- makes you feel full.
- helps reduce the risk of digestive disorders.

## HOW TO GET MORE FIBRE .....

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- Try to choose wholemeal products e.g. wholemeal bread, wholemeal or high fibre biscuits, high fibre breakfast cereals and capatis.
  - Substitute some of your meats with peas, beans and lentils.
  - Try brown rice instead of white rice.
  - Use wholemeal flour instead of white flour in your baking or try replacing half of the white flour with wholemeal.
  - Include potatoes, tapioca, sweet potatoes and yam.
  - Eat more vegetables, salads and ulam.
  - Eat fruits whole plus the skin wherever possible.

**MAKE SURE YOU DRINK PLENTY OF WATER  
ON A HIGH FIBRE DIET**