

NATIONAL NUTRITION MONTH

Rashtriya Poshan Maah

#PoshanMaah
1-30 September

Converging towards a healthy walk through life

DIETARY FIBRE

Dietary fibre is a form of carbohydrate and the edible portion of plant foods that are resistant to digestion and absorption by human digestive enzymes. A daily balanced diet is incomplete without dietary fibre

TYPES OF DIETARY FIBRE

SOLUBLE FIBRE

Soluble dietary fibre has the ability to dissolve in water and form a gel like structure. Some of the soluble fibres include pectin, gums, beta glucan etc.

SOURCES

Oats Apples
Peas Citrus Fruits
Beans Psyllium



BENEFITS

- Helps delay gastric emptying
- Helps regulate blood glucose levels
- Relieve mild-moderate diarrhea
- Helps improve lipid profile
- Helps gain satiety & weight control

INSOLUBLE FIBRE

Insoluble dietary fibres are those that do not have the ability to be dissolved in water. Some of the insoluble fibres include cellulose, hemicellulose, lignin etc.

SOURCES

Whole-wheat Cauliflower
Wheat bran Green beans
Nuts Potatoes



BENEFITS

- Improves bowel function
- Add Bulk and promotes regularity
- Helps relieve constipation
- Helps gain satiety
- Helps achieve healthy weight

PREBIOTIC FIBRE

Prebiotic dietary fibres are specific, microbioto-shaping compounds. Inulin, Beta - glucan, Fructooligosaccharides & Polydextrose are some of the soluble fibres that have prebiotic effect

SOURCES

Garlic Chicory
Onion Soyabean
Banana Tomato



BENEFITS

- Supports growth of healthy gut bacteria i.e, Probiotics
- Increases calcium absorption
- Decreases pathogenic gut bacteria
- Effects gut barrier permeability

Benefits sourced from: FSSAI, Health benefits of dietary fiber, K Nanda, 2017; Indian Dietetic Association, Position Paper, Dietary fibre and health, 2018; Carlson J *et al*, Health effects and sources of prebiotic dietary fiber, Curr Dev Nutr. 2018; Anderson JW *et al*, Health benefits of dietary fiber, Nutr Rev. 2009.

REQUIREMENTS OF DIETARY FIBRE

ICMR NIN has recommended 'Adequate Intakes' for dietary fibre across various age groups

AGE GROUP	DIETARY FIBRE/d (g)
Adult sedentary men	30
Adult sedentary women	25
Children 7-9 yrs.	26
Boys 10-12 yrs.	33
Girls 10-12 yrs.	30

FACT CHECK

Most people believe,

DAIRY, MEAT & IT'S PRODUCTS ARE GOOD SOURCES OF FIBRE

However, this is not true.

Although they are good sources of calcium, protein and other nutrients, they have negligible fibre content



Fibre is important for a Healthy Digestive System.

Visit the site happytummy.aashirvaad.com & know your 'Digestive Quotient'



DIETARY FIBRE IN COMMON INDIAN FOODS

FOOD	DIETARY FIBRE PER PORTION
2 Chapati's (40-60g of wheat flour)	4.4 – 6.7g
2 Ragi dosa (30-60g ragi flour)	3.3 – 6.7g
1 bowl Moong dal soup (30g raw green gram dal)	2.8g
1 bowl Carrot-beans cooked (50g raw beans) (50g raw carrot)	4.3g
1 bowl Mixed fruit chat (Half apple - ~75g) (10 grapes - 49g) (1 small banana - 47g) (1 tsp. sunflower seeds - 5g)	4.1g
1 small Guava (One guava - ~ 55g)	4.7g

CONSCIOUSLY CONSUME WATER

Be sure to have adequate intake of water along with fibre rich foods for good digestion and hydration.



TIPS TO INCLUDE MORE FIBRE IN DIET

- Include foods such as whole wheat, multigrains, legumes, oats etc., in your daily diet.
- Include a minimum of 5-6 servings of fruits and vegetables in various forms
- Bulk up stews by adding fresh vegetables, barley, lentils and chickpeas.
- Foods made with multigrain flours usually help deliver the benefits of both types of fibres.
- Make your snack time fibre rich with foods such as sprouts, vegetable sticks, whole wheat sandwich, mixed nuts etc.
- Choose packaged foods which are sources of fibre (Read the label for more information).