

Soluble fibre and cholesterol

Information for patients and families

What is soluble fibre?

There are two types of fibre: soluble and insoluble fibre. Both types of fibre are an important part of a healthy diet, but soluble fibre can help reduce your cholesterol. Soluble fibre is mainly found in grains such as oats, barley, psyllium, flaxseed, beans, seeds, lentils, and also in fruits and vegetables.

What are the benefits of soluble fibre?

- Helps lower blood LDL-cholesterol and may reduce the risk of heart disease.
- Helps to control blood sugar levels
- May aid in weight management by helping you feel full longer

How much soluble fibre should I eat?

- Aim for **5 to 10 grams** per day of soluble fibre
- Increase your fibre intake gradually, over 2 to 3 weeks
- Drink plenty of fluids – at least 6 to 8 cups per day

Tips for adding soluble fibre to your diet

- Eat oatmeal or All Bran Buds™ with psyllium for breakfast
- Add barley to soups or salads
- Add ground flaxseed, All Bran Buds™, oats or oat bran to yogurt, cereal, salad, or oatmeal
- Add oats or ground flaxseed to muffins
- Add beans or lentils to soups, salads, casseroles, or pasta sauce
- Eat fruit or soy nuts as a snack

Soluble fibre content

Food	Serving size	Sol. fibre (grams)	Food	Serving size	Sol. fibre (grams)
Grains					
All Bran buds	⅓ cup	3.0	Oat bran, cooked	¾ cup	2.2
Flaxseed, ground	1 Tbsp	1.1	Oatmeal, cooked	1 cup	1.0
Barley, cooked	1 cup	1.0	Rye bread	2 thin slices	0.7
Legumes (cooked or canned)					
Black beans	½ cup	2.4	Red kidney beans	½ cup	1.7
Pinto beans	½ cup	1.2	Chickpeas	½ cup	0.5
Black-eyed peas	½ cup	0.5			
Vegetables					
Brussels sprouts	½ cup	2.0	Sweet potato, flesh only	½ cup	1.8
Green beans	1 cup	1.7	Turnip	½ cup	1.7
Asparagus	½ cup	1.7	Green peas	½ cup	1.3
Broccoli	½ cup	1.2	Okra	½ cup	1.0
Spinach, raw	1 cup	0.2			
Fruits					
Pear, with skin	1 large	1.9	Orange	1 medium	1.9
Apple, with skin	1 large	1.4	Berries, fresh	1 cup	1.0
Prunes, dried	3 medium	1.0	Kiwi, flesh only	1 large	0.7
Banana	1 small	0.6			

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