



Examples on How to Achieve your Daily Quota

Written by:
Marilyn Williams
Certified Nutritional Counsellor &
Dietary Consultant



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A woman needs to eat, for example...

The equivalent of:

- 1 large apple = 4 grams
- 1 pear = 4 grams
- 1 cup of strawberries = 4 grams
- ¼ cup kidney beans (added to green salad = 3 grams
- 1 cup cooked broccoli = 4.5 grams
- 2 cups raw spinach leaves = 3 grams
- 1 Tablespoon ground flaxseed (in a smoothie) = 3 grams

To equal 25.5 grams of fibre daily. (Women need between 21–25 grams daily)



For fibre, a man needs to eat, for example...



The equivalent of:

- 1 large apple = 4 grams
- 1 pear = 4 grams
- 1 cup of strawberries = 4 grams
- 1 banana = 3 grams
- $\frac{1}{4}$ cup kidney beans (added to green salad) = 3 grams
- 1 cup cooked broccoli = 4.5 grams
- 1 cup cooked cauliflower = 3 grams
- 2 cups raw spinach leaves = 3 grams
- 1 sweet potato = 4 grams
- 1 Tablespoon ground flaxseed (in a smoothie) = 3 grams

To equal 35.5 grams of fibre daily. (Men need between 35–38 grams daily)



Achieve more fibre in your diet by:

Choosing a minimum of two serves of fresh fruit per day. Contains more fibre if you leave the skin on...

Rather than... fruit juices of any kind.

How to achieve more fibre in your diet

Choose...

Minimum of 5 serves of vegetables per day...

- Including 1 cup of green leafy vegetables



Rather than...

- Pasta
- Rice



How to achieve more fibre in your diet

Small quantities of wholegrain food varieties...

- Buckwheat
- Millet
- Wild, brown, black, red rice
- Quinoa



Rather than refined...

- Grains and flours where the fibre has been removed



How to achieve more fibre in your diet

For an example Snack...

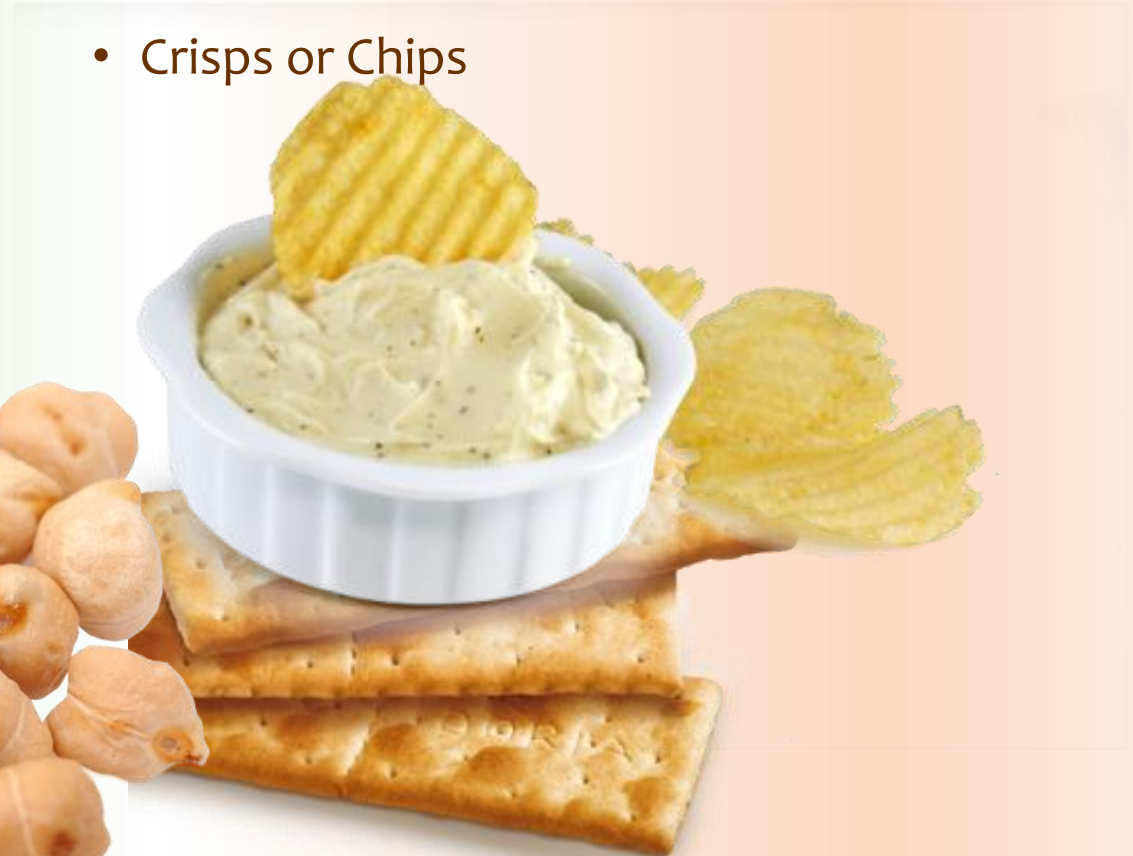
Hummus dip with vegetables such as:

- Carrots
- Celery
- Cucumbers
- Etc.



Rather than...

- Crackers
- Crisps or Chips



How to achieve more fibre in your diet

Cook with small quantities of legumes more often, such as:

- Beans and lentils can be added to meat dishes to increase the fibre
- Cooked chickpeas or various beans added to a salad



How to achieve more fibre in your diet

- **Add seeds and nuts daily**

- By the handful
- Addition to a small quantity of home-made porridge
- Healthy home-cooked Granola bars
- Healthy home-made grain free cookies





Psyllium Husks

To help you to become more regular, I would suggest you add Psyllium Husks to your diet.

They are so easy to take and provide so many health benefits:

- Lowers cholesterol
- Helps manage blood sugar
- Relieves constipation and diarrhoea
- Improves heart health and blood pressure
- Healthy weight management which treats obesity naturally
- The soluble fibre becomes gelatinous and sticky in water

You start out with little... maybe ½ a teaspoon to a glass of water, a couple of times a day. If you notice any tummy rumbling or anything that suggests you took too much, simply cut it back and go slower.

You can gradually increase the amount you take until you are happily taking at least 1 teaspoon 3 times a day.

Be mindful to drink plenty of water otherwise the fibre will have the opposite affect to what you want... without liquid it will constipate you!





Do not buy unless it's ORGANIC!

Psyllium Husks can be bought at any health or bulk food store. I buy mine at a bulk food store meaning I can buy as much or as little as I want. This is one product you do not cut corners with... *Psyllium Husks are sprayed with more pesticides etc almost than any other crop.*

I do not buy any of the fibre drinks that can be made up in water as I don't like all the 'other' added ingredients... and most definitely not unless it's organic.