Fibre - 80s diet trend

A healthy diet in the 1980s implies adequate but not excessive protein, balanced amounts of the essential vitamins and minerals — ideally from food sources — and now, plenty of fibre.

A recent committee of experts, brought together by Health and Welfare Canada, recommended that adults double their fibre intake by including a variety of fibre-containing foods in their daily diet.

Fibre is found in fruits, vegetables and grains in many forms. It's in the skin of apples and potatoes; it's in the outer bran coating of the wheat kernel. In general, fibre helps give plant materials their structure and shape.

Fibre comes in many different disguises — pectin, gum, cellulose and lignin. And these various fibres have differing health benefits.

It's the fact that fibre is absorbed into the blood stream that accounts for its nutritional benefits. Some nutritionists describe fibre as a broom that helps to sweep certain substances, such as bile, chemicals and bacteria, out of our intestinal tracts.

As nutrition researchers discover new health benefits provided by fibre, they're finding that not all the fibres act in the same way. Therefore, nutritionists are recommending that we eat several different food sources of fibre daily so that we can benefit from all types of fibre.

Food sources of fibre include whole grain breads and cereal products; vegetables such as baked beans, lima beans, peas, broccoli, and spinach; fruits such as figs, prunes, raisins, blueberries and blackberries; and nuts.

If you'd like more information on fibre-containing foods, write to HEALTH, P.O. Box 3535, London, Ontario, N6A 4L4.

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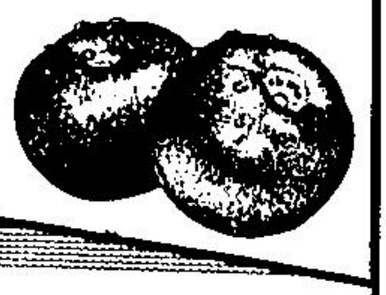

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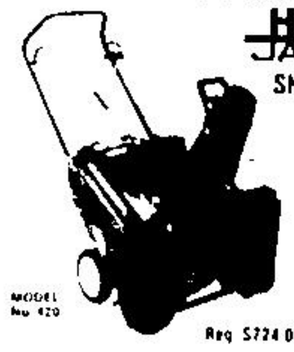

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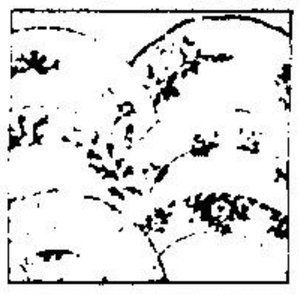

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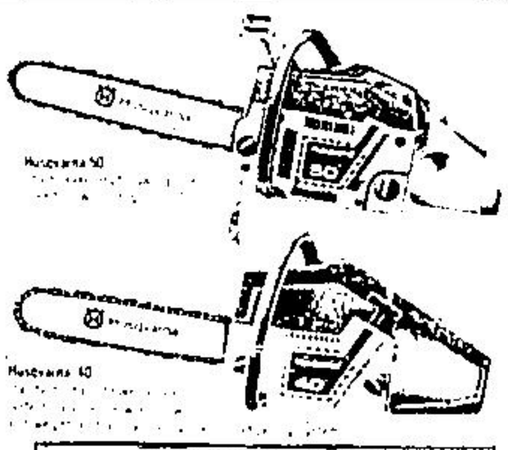

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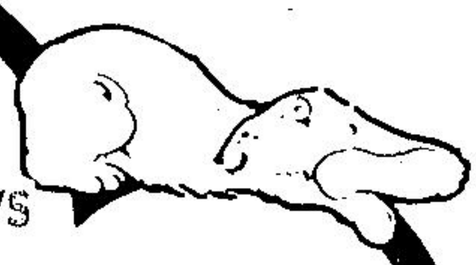

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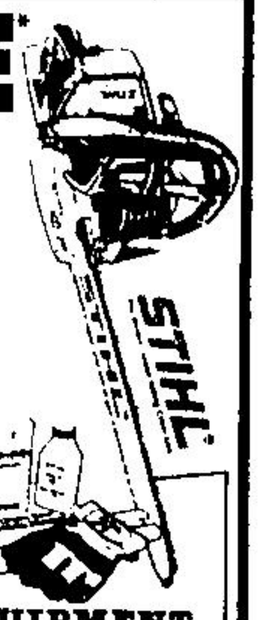

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