

# 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

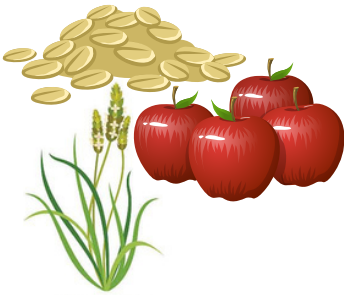
### TYPES OF DIETARY FIBRE

#### 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

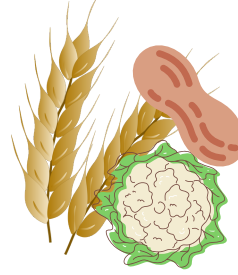
- Helps delay gastric emptying
- Helps regulate blood glucose levels
- Relieve mild-moderate diarrhea
- Helps improve lipid profile
- Helps gain satiety & weight control

#### 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

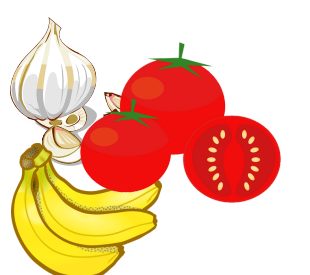
- Improves bowel function
- Add Bulk and promotes regularity
- Helps relieve constipation
- Helps gain satiety
- Helps achieve healthy weight

#### 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](http://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).