

# Blue Sky FHT Newsletter - Focus on Fibre

## Fabulous Fibre

Fibre helps keep your bowels regular. Did you know that fibre can help keep cholesterol and help keep blood sugars down? Fibre can also help you feel full for longer. Fibre can even help with diarrhea and irritable bowel syndrome.



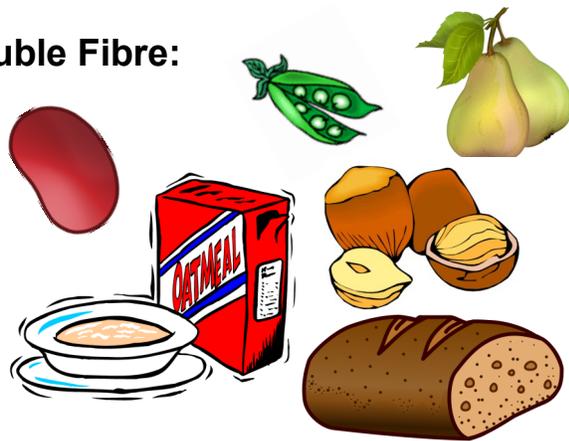
The two types of fibre in our diet; both are important for overall health:

**Soluble fibre** - Helps keep cholesterol and blood sugars under control. Can also help manage diarrhea and irritable bowel syndrome. Helps keep you full.

**Insoluble fibre** - Helps with regularity and can help keep you full.

### Sources of Soluble Fibre:

- Oats
- Barley
- Legumes
- Psyllium



### Sources of Insoluble Fibre:

- Vegetables
- Fruits
- Wheat
- Nuts/seeds

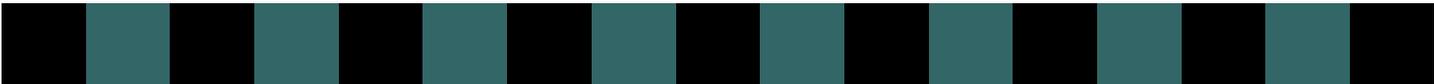
### Full of Fibre

Adult women need about 21-29g/day

Adult men need about 30-38g/day

### Avoid Constipation by:

- Adding fibre slowly
- Drinking enough water
- Getting active



# Black Bean Burgers

Makes: 4 burgers

## Ingredients:

- 2 cups cooked black beans or
- 1 can of black beans, rinsed and drained
- 1 cup of cooked brown rice
- 1 small onion, diced
- 1tsp canola oil
- 1 egg
- 2 green onions, diced
- ½ tsp hot sauce (optional)
- ¼ cup bread crumbs
- 1 avocado, sliced (optional)

## Directions:

Sauté diced onions in small amount of oil for 2-3 minutes until soft. Set aside.

Mash black beans with fork or potato masher in a large bowl. Add cooked rice, sautéed onions, egg, bread crumbs, green onions and hot sauce; mix all ingredients until combined.

Divide mixture into 4 and form burger patties.

Pan-fry patties on each side over medium heat for 4-5 minutes.

Place in baking dish and bake in oven at 350° for 20-25 minutes.

Remove patties from oven and place on whole wheat hamburger bun. Top burger with slices of avocado, shredded lettuce and sliced tomato

More recipes with Legumes can be found on:

<http://www.pulsecanada.com/food-health/recipes/>

## Nutrition Facts

For 1 patty

Amount	% Daily Value
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<b>Calories</b> 230
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<b>Fat</b> 1.4g
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Saturated	0.3g
+ Trans	0g

<b>Cholesterol</b> 47mg
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<b>Sodium</b> 75mg
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<b>Carbohydrate</b> 44g
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Fibre	9g
Sugars	3g

<b>Protein</b> 12g
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## Other Fun Foods high in Fibre:

- 1 medium cooked artichoke - 10.3g
- 1/2 avocado - 6.7g
- Japanese persimmon - 6g
- 1/2 cup of cooked Bulgur - 2.7g
- 3/4 cup of Black Eyed Peas - 8.3g

## Ask for a referral to see a Registered Dietitian if you have any of the following:

- Constipations/Diarrhea/IBS
- Pre-Diabetes or Diabetes
- High Cholesterol



Family Health Team  
Équipe de santé familiale