



## 4 Ways to Increase Fiber

Fiber is the non-digestible part of plants that has been shown to offer many health benefits.

For example, the beta-glucan content of oats has been associated with reduced cholesterol levels and heart health.<sup>1</sup> High-fiber pea protein has been used as a functional food in many vegan products. Foods like bananas have been shown to support health-promoting microbiota in the gut.<sup>2</sup>

Most plant-based foods contain both soluble and insoluble fiber. Soluble fibers, such as those found in oats, lentils, apples, and peas, attract water during digestion and become gel-like. Insoluble fibers add bulk in the form of plant roughage, and are found in foods like wheat bran, celery, seeds, and popcorn.

Nutrition experts<sup>3</sup> recommend aiming for between 25 to 35 grams of fiber each day, a level that has been found to support digestion and bowel health.<sup>4</sup>



Here are 4 ways to increase the fiber content of your diet:

- 1. Choose whole grains.** Look for the whole grain stamp and aim for at least 3 grams of fiber per slice of bread and at least 5 grams of fiber per serving of cereal.<sup>6</sup>
- 2. Upgrade your snacks.** Stock up on high-fiber snacks like popcorn, nuts, and raw fruits and vegetables.
- 3. Focus on whole foods.** Opt for whole fruits and vegetables rather than juices.
- 4. Eat the peels and rinds.** When appropriate, eat the rinds and peels of fruits and vegetables for an additional boost of fiber.

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*To increase dietary fiber, focus on plant-based foods like fruits, vegetables, and whole grains, and aim for at least 25 grams of fiber each day.*

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Fiber Content <sup>5</sup>	grams per serving
Sweet potato, baked with skin (½ cup)	3.3
Sunflower seeds, kernels (¼ cup)	3.2
Raspberries, raw (½ cup)	4
Green peas (½ cup)	4.1
Quick oats, dry (½ cup)	3.7
Banana (½ cup)	3

1. <https://doi.org/10.1111/j.1753-4887.2011.00401.x>

2. <https://www.aicr.org/resources/blog/>

3. <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/fiber>

4. <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/>

5. <https://fdc.nal.usda.gov/>

6. <https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>



## The Juice on Juicing

Juicing was first popularized in the 70s, but the cold-pressed juice bar phenomenon has since grown into a multi-billion dollar industry. Proponents of juicing see it as an effective detox method, but health experts argue the body's natural detoxification system is effective enough on its own.<sup>7</sup>

Juicing is a process that involves pressing or blenderizing fruits and vegetables, and then extracting the juice while discarding the remaining pulp.

Popular plant-based juices like celery and wheatgrass are frequently marketed as a way to promote weight loss and increase energy levels, though the evidence for this is scant at best.<sup>8</sup>

Early<sup>9</sup> research suggests short-term, juice-based diets may have a positive impact on gut microbiota, but they are largely inferior<sup>10</sup> to their whole-plant counterparts when it comes to fiber.

Here are some of the drawbacks to choosing juice over whole plants:

- People with diabetes may experience wider swings in blood sugar due to the higher concentration of carbohydrates<sup>11</sup>
- The low fiber content of juices can delay signals of fullness and lead to overeating
- Because juices are often mistaken for being low in calories, juicing can interfere with weight loss efforts
- Certain fruit juices can interfere with medications
- Bowel function may also be slowed without adequate amounts of dietary fiber
- Unpasteurized juices that are not properly handled or stored may lead to food-borne illnesses<sup>12</sup>



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*While juices contain a wide range of vitamins, minerals, and phytonutrients, there are some drawbacks to consider, especially for people who are managing diabetes. Focus on whole foods to take advantage of the additional health benefits that come with fiber.*

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7. <https://www.prnewswire.com>  
8. [https://www.amimed.com/article/S0002-9343\(13\)00390-2/fulltext](https://www.amimed.com/article/S0002-9343(13)00390-2/fulltext)  
9. <https://doi.org/10.1038/s41598-017-02200-6>

10. <https://doi.org/10.3390/nu10121833>  
11. <https://www.diabetesselfmanagement.com/blog/juicing-is-it-for-you/>  
12. <https://www.fda.gov/food/buy-store-serve-safe-food>





## Self-Care Tips to Manage Reflux

Gastroesophageal Reflux (GERD), commonly referred to as heartburn, has nothing at all to do with heart health. The painful sensations experienced during episodes of reflux are due to the backflow of stomach acid into the esophagus.<sup>13</sup>

While there are many types of over-the-counter remedies for the treatment of reflux, most of them only provide short-term relief by temporarily reducing the acidity of stomach acid.

Left unaddressed, GERD can progress into more serious health conditions, such as Barrett's esophagus, esophageal strictures, and esophageal cancer. This is why taking steps to address reflux early is the key to preventing further complications.

Here are some helpful strategies to help you manage acid reflux:

**Achieve a healthy weight.** Excess abdominal fat has been associated with a higher incidence of acid reflux. Losing as little as 5% of excess body weight can reduce symptoms.

**Sleep on your left side.** Due to the shape and curvature of your stomach, sleeping on your left side may reduce the amount of stomach acid that comes into contact with your esophagus.<sup>14</sup>

**Limit fluids with meals.** Limiting the amount of fluid you drink with meals reduces the volume of the contents in your stomach, and that reduces the likelihood of reflux.

**Limit food triggers.** Certain foods can change the pressure in your stomach and reduce the function of your esophageal sphincter (the valve that protects your



esophagus from stomach acid). Avoiding foods like chocolate, alcohol, citrus, tomatoes, coffee (and other caffeine-containing beverages), onion, and foods that are high in fat can reduce reflux symptoms as well.

**See your doctor.** If none of the self-care strategies you have tried are effective, schedule an appointment with your doctor to determine next steps.

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*Many people are able to self-manage symptoms of GERD, but if you experience symptoms frequently, or take over-the-counter medications more than twice a week, it is best to consult with your doctor.*<sup>15</sup>

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13. <https://www.eatright.org/health/wellness/digestive-health/gastroesophageal-reflux>

14. <https://doi.org/10.1097/MCG.0000000000000359>

15. <https://www.mayoclinic.org/diseases-conditions/gerd/symptoms-causes/syc-20361940>

# Zucchini, Pea, Ricotta and Mint Pizza

## Ingredients

### PIZZA DOUGH:

- 1 teaspoon (3.5g) of yeast
- ½ cup of lukewarm water
- Pinch of caster sugar
- 200g baker's flour
- ½ teaspoon salt
- 2 tablespoons extra virgin olive oil

### PIZZA TOPPINGS:

- 100ml pasta
- 1 garlic clove, crushed
- ¼ cup frozen peas, thawed
- 1 medium zucchini, cut into ribbons (using a peeler)
- ½ cup grated mozzarella cheese
- 2 tablespoons Parmesan cheese
- 1/3 cup ricotta cheese
- Salt and pepper to taste
- Fresh mint leaves to garnish

## Instructions

1. Stir together water, sugar and yeast in a jug and set aside for 5 minutes or until the mixture becomes frothy.
2. Add flour and salt to a large mixing bowl and make a well in the center of the mixture. Slowly pour in the yeast mixture and oil.
3. Gently mix the dough with your hands until it is well combined.
4. Turn the dough onto a lightly floured bench-top and knead for 1-2 minutes.
5. Place the dough in a large mixing bowl and rub it with a small amount of olive oil. Cover with a tea towel and set aside for 30-60 minutes until it doubles in size.
6. Preheat the oven to 400°F (air-forced oven).
7. Turn dough onto a lightly floured bench-top and knead for another 1-2 minutes. Roll out the pizza base to the preferred size using a rolling pin. Place the base on a pizza tray.
8. Mix the pasta and garlic and spread over the pizza base.
9. Layer zucchini ribbons on base and top with peas, Parmesan and mozzarella cheese.
10. Add small dollops of ricotta cheese on top of the pizza and drizzle with extra virgin olive oil. Season to taste.
11. Bake for 10 minutes or until golden brown.
12. Garnish with fresh mint leaves before serving.

Prep Time	Cook Time	Servings
10 minutes	10 minutes	1



### Nutrition Facts

Calories	352
Total Fat	12.4g
Cholesterol	18mg
Sodium	481mg
Carbohydrate	46g
Dietary Fiber	3.6g
Total Sugars	1.5g
Protein	15g





# Fiber Up

Your Wellbeing Activity

## Fiber Up

Include a wide variety of high-fiber foods on your menu this week and aim for at least 25 grams of fiber each day.

## Increase dietary fiber:

### WHOLE GRAINS

Look for the whole grain stamp and aim for at least 3 grams of fiber per slice of bread.

### CEREAL

Choose cereals with at least 5 grams of fiber per serving.

### SNACKS

Stock up on high-fiber snacks like popcorn, nuts, and raw fruits and vegetables.

### WHOLE FOODS

Opt for whole fruits and vegetables rather than juices.

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