



Winchester
District
Memorial
Hospital

Preventing Diabetes

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Health Quote of the Day

'Strive for

Progress

NOT

Perfection'

More Fibre Please

Beans, beans, good for the heart, the more you eat, the more fibre you get!

Peas, beans and lentils happen to be loaded with fibre. Fibre is the part of plant food that our body cannot digest (so no fibre in meat folks!). Although we don't digest it, fibre does great things for our health. It helps keep the bowels moving regularly, it helps keep our gut bacteria healthy, it helps keep us fuller for longer—which may help us eat less and prevent weight gain. It can also decrease your bad cholesterol and reduce your risk of heart disease. And most importantly for people with pre-diabetes and diabetes, it helps regulate blood glucose levels. Amazing isn't it?

In fact, a recent study published in 'Diabetologia, 2015 May 29' reviewed the data on the effect of fibre intake on risk of developing diabetes and found that there was roughly a 30% lower risk of diabetes for people with higher fibre intake — especially fibre coming from cereal grains like wheat, barley, oats, rye, etc.

That's why it's so important to eat a balanced diet that includes great sources of fibre from whole grains, legumes, nuts and seeds, vegetables and fruit!

To help you get more fibre, we've included a couple of recipes that provide good sources of fibre from cereal grains. Enjoy and have a great summer!

Fruits	Serving Size	Total Fiber (grams)
Raspberries	1 cup	8
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Strawberries (halves)	1 1/4 cup	3.8
Banana	1 medium	3.1
Orange	1 medium	3.1
Figs, dried	2 medium	1.6
Raisins	2 tbsp	1
Grains & Cereals	Serving Size	Total Fiber (grams)
Spaghetti, whole wheat, cooked	1 cup	6.2
Barley, pearled, cooked	1 cup	6
Bran flakes	3/4 cup	5.3
Oatmeal, quick or regular, cooked	1 cup	4
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, rye, whole wheat or grain	1 slice	3.5
Legumes, Nuts & Seeds	Serving Size	Total Fiber (grams)
Split peas, cooked	1 cup	16.3
Lentils, cooked	1 cup	15.6
Black beans, cooked	1 cup	15
Lima beans, cooked	1 cup	13.2
Baked beans, canned, cooked	1 cup	10.4
Sunflower seed kernels	1/4 cup	3.9
Almonds	1 oz (23 nuts)	3.5
Pistachio nuts	1 oz (49 nuts)	2.9
Pecans	1 oz (19 nuts)	2.7
Vegetables	Serving Size	Total Fiber (grams)
Artichoke, cooked	1 medium	10.3
Peas, cooked	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5
Sweet corn, cooked	1 cup	4.2
Brussels sprouts, cooked	1 cup	4.1
Potato, with skin, baked	1 medium	2.9
Tomato paste	1/4 cup	2.7
Carrot, raw	1 medium	1.7

Recommended Dietary Allowance

Men and Women
25-35g of fibre per day



Some of you have seen this recipe before - it's an oldie but a goodie!

German-Style Whole Grain Bread

- 2 cups Red River Cereal
- 2 cups 1% milk
- 1 cup flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- 3 tbsp. molasses

In a medium bowl, combine cereal and milk. Cover and refrigerate for a minimum of 2 hours—overnight is best. Mix in remaining ingredients and pour into greased 4"X 9" loaf pan. Bake at 250° for 1 ½ hours or until tester comes out clean. Cover pan with damp cloth to store. One loaf gives approx. 20 slices.

Nutritional analysis per slice (44g)

Calories 70, Protein 3g, Carbohydrate 15 g, Fat 1g (0 sat.fat), Fibre 2g, Sodium 110mg

Cocoa Banana Bran Muffins

This recipe by Kellogg's ALL BRAN has been tried by some of our clients and our staff and the feedback has been very positive. Here's the link:

https://www.allbran.ca/en_CA/recipes/cocoa-banana-bran-muffins-recipe.html

FYI

- Eat Right Ontario has free dietitian services and they recently re-vamped their web site and menu plans. It is now easier to personalize the menus with your likes and dislikes. If you interested, the link is: <https://www.eatrightontario.ca/en/menuplanner.aspx#>. If you prefer calling, the number is 1 877-510-5102.
- If you are looking for exercise programs or opportunities in your area, call your local municipal office. They usually have a list of available programs, trails and other recreation opportunities.
- If you are thinking of adding some activity to your week but are not feeling confident that you can do it or, if you need some motivation to keep up what you are already doing, check out this video—I promise it's one you will never forget—fair warning, get the hankies out!

<https://www.youtube.com/watch?v=qX9FSZJu448>—if the link doesn't work, simply Google 'Never, Ever Give Up—Arthur's Inspiration Transformation'

