

# GETTING ENOUGH FIBRE

## when you are following a low potassium diet

### What is fibre?

Fibre is found in many plant-based foods. The body can breakdown (digest) some types of fibre (soluble) and not others types of fibre (insoluble) - both types of fibre are essential in the diet. Examples of foods which contain fibre include wholegrain products such as wholemeal bread and pasta and plant-based foods such as fruits, vegetables, nuts and beans.

It can be difficult to get enough fibre in your diet when you are following a low potassium diet. The information below provides some guidance on foods which contain fibre and which are also low to moderate in potassium. This will help you to achieve your low potassium goal, whilst enjoying plenty of fibre.

### Why is fibre important?

Fibre is important to keep the gut healthy, prevent constipation and help control blood sugar levels. Fibre may also help to lower blood pressure and total cholesterol. Having adequate fibre in the diet is beneficial to us all.

### How much fibre should I have?



Children from age two should aim for 15g of fibre a day



5-11 year olds  
20g a day



11-16 year olds  
25g a day

Your Dietitian or Doctor will advise you on how much fibre you should have each day.

### What to look for on a nutrition label

Food that are classed as "high fibre" contain 6g or more per 100g.

Foods that are classed as a "source of fibre" contain 3g or more per 100g.










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Nutrition	
Typical Values (as consumed)	per 100g
Energy	206kJ 50kcal
Fat	1.2g
of which saturates	0.2g
Carbohydrate	4.2g
of which sugars	1.2g
<b>Fibre</b>	<b>6g</b>
Protein	2.5g
Salt	0.5g











Nutrition	
Typical Values (as consumed)	per 100g
Energy	182kJ 44kcal
Fat	1.2g
of which saturates	0.2g
Carbohydrate	4.2g
of which sugars	1.2g
<b>Fibre</b>	<b>3g</b>
Protein	2.5g
Salt	0.5g

## Here is a list of foods that are low in potassium and contain fibre or moderate in potassium and contain fibre

### GRAINS, (CEREALS & BREADS)









Low Potassium, fibre containing foods	Moderate potassium, fibre containing foods
 Breakfast cereal puffed wheat, honey coated (3 Tbsp)	 Brown bread (1 slice)
 Tapioca (1½ Tbsp), raw	 Whole wheat pasta (2 Tbsp), boiled
 Semolina (1½ Tbsp), raw	 Brown rice (2 Tbsp), boiled
 Polenta (1 Tbsp), raw	 Wheat biscuits (1)
	 Shredded wheat (2 Tbsp)

### VEGETABLES




Low Potassium, fibre containing foods	Moderate potassium, fibre containing foods
 Beansprouts (1 Tbsp)	 Broccoli (1 Tbsp), boiled
 Celery (½ stick)	 Carrot (1 Tbsp), boiled
 Green beans (1 Tbsp), boiled	 Cauliflower (1 Tbsp), boiled
 Pumpkin (1 Tbsp), boiled	 Canned Sweetcorn in water (1 Tbsp)
 Turnip tops (1 Tbsp) boiled	 Courgette (1 Tbsp), boiled

It is best to increase your fibre intake gradually. Always check with your Dietitian or Doctor regarding which foods you can have and which foods you should limit in your diet. Everyone's needs are different.

### FRUITS

Low Potassium, fibre containing foods	Moderate potassium, fibre containing foods
 Blueberries (2 Tbsp)	 Pear (1)
 Fruit cocktail, canned in juice/syrup 30g (1 Tbsp)	 Apple
 Lychees (2)	 Blackberries (8)
 Pineapple, canned in juice/syrup 45g (2 slices)	 Raspberries (15)

### SNACKS

Moderate potassium, fibre containing foods
 Walnuts (6 halves)
 Unsalted popcorn (1 Tbsp)
 Wholemeal crackers (1)

### EASY IDEAS FOR INCREASING YOUR FIBRE INTAKE:

#### Breakfast

- Add fruit such as apples, pears or a small handful of berries to your breakfast cereal or porridge
- Add linseeds to yoghurt

#### Main meals

- Add extra vegetables to meals such as bolognese, stews and curries
- Choose wholewheat pasta and wholemeal bread instead of white varieties
- Choose brown rice instead of white rice

#### Snacks

- Low potassium fruits such as apples or canned fruit cocktail in juice
- Low potassium vegetables such as celery sticks
- Wholemeal rice cakes/crackers
- Wholemeal toast with sweet/savoury toppings
- Wholemeal scone with butter/jam