



Benefits of fibre

August 2017

Benefits Of Fibre

Dietary fibre is found in the indigestible parts of plants. Good sources of fibre include wholegrain foods, fruits and vegetables. Fibre has also been shown to benefit diabetes, blood cholesterol levels and weight control.

Eating a diet low in fibre can contribute to many disorders, including:

- constipation
- haemorrhoids
- diverticulitis
- irritable bowel syndrome
- overweight and obesity
- coronary heart disease
- diabetes
- colon cancer



1. **Lentils and legumes:** Chickpeas, kidney beans, baked beans: not only are these magic beans loaded with dietary fibre, vitamins and minerals, they're low in kilojoules relative to other food and fill us up more easily, both of which may help with portion control and weight management.
2. **Sweet potato:** So versatile, this humble and affordable root vegetable is one for the whole family, its mild flavour equally delicious steamed, roasted, mashed or boiled.
3. **Fruits, including those with edible skin:** According to 2013 Australian Dietary Guidelines, most Australians don't eat enough fresh fruit. Adults require just 2 serves daily. Fruit juice is nowhere near the real deal, so crunch an apple or polish off an unpeeled pear next time you need a fibre hit.
4. **Brown rice:** This high-fibre powerhouse with its distinctive, nutty taste is a terrific substitute for white rice – including as the chief ingredient in rice-based snacks like rice crackers and rice cakes
5. **Wholemeal pasta:** Good quality whole-wheat varieties (usually Durum) are widely available, with many top pasta brands offering several 'brown' shapes and rustic recipes.
6. **Wholegrain breads and cereals:** Most supermarkets now stock all sorts of wholegrain combinations.

Recipe of the month

Evie's Eats

Chicken with Three Capsicum Stir - Fry (Serves 4)

Ingredients:

- 2 (about 400g) single chicken breast fillets, cut across the grain into 1cm-thick slices
- 1 tablespoon curry powder
- 3 teaspoons light olive oil or coconut oil
- 2 large garlic cloves, finely chopped
- 1 large onion, finely chopped
- 1 red capsicum, halved, deseeded, thinly sliced lengthways
- 1 green capsicum, halved, deseeded, thinly sliced lengthways
- 1 yellow capsicum, halved, deseeded, thinly sliced lengthways
- 1/4 cup coarsely chopped parsley
- Extra parsley for decoration
- Salt and pepper



Method:

1. Combine chicken with 1/2 tablespoon of the curry powder, salt and pepper in a glass bowl. Cover with plastic wrap and place in the fridge for 20 minutes.
2. Heat 1 teaspoon of oil in a wok over medium heat. Add half of the chicken and stir-fry for 3 minutes or until lightly browned. Transfer to a plate and set aside. Add another teaspoon of oil and repeat with the remaining chicken.
3. Heat remaining oil in wok over medium heat. Add garlic, onion and capsicum, stir-fry for 5 minutes. Add remaining curry powder and stir-fry for 5 minutes or until capsicums are soft.
4. Add chicken and toss for 2-3 minutes or until heated through. Add chopped parsley and toss until combined.
5. Divide stir-fry among bowls and top with parsley.
6. Serve with rice or on its own and with a dollop of yoghurt. Enjoy!

Quote of the month

You don't have to be great to start, but you have to start, to be great!



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Take control your life, be happy! – rock on!

Till next month... *Evie*