

# FIBRE FOR A HEALTHY BOWEL

## AIM FOR 25–34 GRAMS OF FIBRE PER DAY



**Soluble fibre** helps to soften your stool.

- Oats
- Legumes - dried peas, beans, lentils
- Vegetables - broccoli, brussels sprouts, carrot, potato, kumara
- Fruit - apples, pears, citrus, stone and berry fruit



**Insoluble fibre** adds bulk to your stool, making it easier to pass.

- Bread - mixed grain, wholemeal
- Wholegrain cereals
- Wholewheat pasta
- Brown rice
- Corn, cornmeal, polenta
- Fruit
- Vegetables

## TIPS TO INCREASE DAILY FIBRE INTAKE

- High-fibre breakfast options include porridge or muesli. Increase the fibre even further by adding oat bran or wheat germ, nuts, seeds (sunflower, sesame, pumpkin) and fruit (fresh or tinned).
- Make up healthy snack bags with sliced raw veggies (e.g., carrots), fruit (e.g., apples), raisins, and nuts (e.g., macadamia and walnuts).
- Leave the skin on your fruit and vegetables - this is where most of the fibre is!
- When baking, combine half white and half wholemeal flour.
- Add chickpeas, kidney beans, or lentils to soups and casseroles.
- Fibre absorbs water in the body, so if you are eating more fibre-rich foods, make sure to drink more water than usual.

# FLUIDS FOR A HEALTHY BOWEL AND BLADDER

## TIPS TO INCREASE DAILY FLUID INTAKE

- Daily fluid intake not only includes plain drinking water, but also tea, coffee, milo, and water-rich foods like cucumber, tomatoes, soup/broth, jellies, strawberries, and apples.
- To make drinking water more appealing, you can add diluted sugar-free juice or mineral drops, or try drinking warm water with lemon and honey.
- Drink water by the cupfuls (250 mls for an adult) at a time rather than by sipping. This helps the bladder to stretch fully.
- Mark your water bottle using permanent marker or stickers to indicate the amount of water you need to drink and by what time.
- Set alarms on your phone to remind you to drink water. Some smart watches have this function as well.

*Drinking enough fluids ensures that urine does not become concentrated and that there is enough available fluid to keep bowel motions moist and soft, therefore avoiding constipation.*

## EXPECTED DAILY FLUID INTAKE

This table outlines the suggested expected daily fluid intake depending on factors such as age and gender, assuming there are no other medical problems.

Preschool-aged children	0.9 litres
School-aged children	1.2 litres
Teens and young adults	1.5 litres
Adult women	1.8 litres
Adult men	2 litres



Some fluids can actually be **irritants** and should be limited or avoided:

- Coffee
- Tea
- Alcohol
- Fizzy drinks
- Other sugary beverages