



WELLNESS

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FIBRE UP!

Scientific evidence shows that high fibre intake is linked to a lower risk of coronary heart disease and colorectal cancer, which are amongst the top killer diseases in Hong Kong.

A high-fibre diet would not only help us to prevent chronic diseases, but also give us other health benefits, such as lowering blood cholesterol level, improving bowel movement, as well as enhancing satiety for better weight control. Despite knowing the health benefits of dietary fibre, most of the people are not getting enough. A local survey conducted in 2007 revealed that about 90% of people in Hong Kong did not achieve the recommended dietary fibre intake of 25g a day. Yet, it isn't difficult to follow a high-fibre diet, as dietary fibre is found in varying quantities in all plant foods and slightly modify your current diet will make a big difference. Here are some ideas.

- (1) Opt for whole-grain bread. Mix brown rice or red rice with white rice.
- (2) Add fibre-rich food to your dishes. For example, add corn kernels or kidney beans to your salads. Mix oat-meal or bran into muffins, cookies, or yogurt. Have fruits, vegetables or a handful of unsalted nuts as your snacks. Bring small piece of fruit that is handy enough for you to carry along with you.
- (3) Form a habit to read nutrition label and look for the food products containing more than 6g fibre per 100g.

Don't forget to drink lots of fluids when you gradually increase your fibre intake. Fibre up and you are eating your way to a healthy heart and colon.