

All About Fiber



Most Canadians consume half their recommended intake of fiber



21 g / day



30 g / day

Adequate Intake (AI) for women and men (aged 51 years and older) respectively

TWO KINDS OF FIBER	CHARACTERISTICS
Soluble Fiber	Dissolves in water to form a gel-like material. It can help lower cholesterol and stabilize blood sugar levels.
Insoluble Fiber	Aids in digestion as it helps food pass quickly through the stomach and intestines.



Vegetables



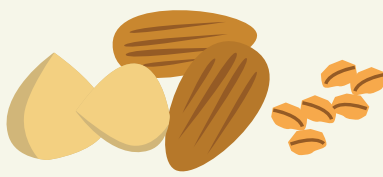
Fruits



Whole grains



Legumes



Nuts



Seeds (e.g. flax seeds)

Benefits of Fiber

- Lowers blood cholesterol
- Lowers blood pressure
- Improves blood sugar levels
- Keeps you full for longer
- Aids in digestion
- Encourages a healthy weight



How to Cook Barley



Barley is a whole grain with a slightly nutty flavour and chewy texture. It is high in fiber and rich in minerals and vitamins, which makes it a great addition to one's diet. Additionally, it has a low glycemic index, making it a smart choice for people with high blood sugar. Other whole grains include brown rice, quinoa, buckwheat, and bulgur wheat. These grains are cooked following the same method; however, water (required for cooking) and cooking times vary. Cooking times and amount of water are provided for each of these grains in the table below.

Prep- 5 mins

Cook - 1 hour

4 servings

Ingredients

Method

- 1 cup barley (hulled)
- 3 cups water (or broth)
- 1/2 tsp kosher salt
- Parsley for garnish (optional)

1. Soak a cup of barley in 3 cups water and set aside for a few hours or overnight. Drain and rinse before cooking.
2. Boil 3 cups of water or broth in a medium-sized pot and add the presoaked barley—season with salt.
3. Cover and reduce the heat to medium-low. Simmer until liquid is absorbed and barley is tender with a slightly chewy texture. Stir occasionally to ensure the barley does not stick to the bottom of the pot. Barley will take 50 mins to 1 hr to cook.
4. Turn off the heat and let barley sit for 10 mins. Fluff the cooked barley with a fork. Add parsley to garnish.

Grains (1 cup)	Amount of water required for cooking (cups)	Time for cooking (mins)
Brown Rice	2 cups	45 mins
Quinoa	2 cups	15 mins
Bulgur wheat	1.5 cups	12 mins
Buckwheat	1.5 cups	15 mins

**Cooking times and water amounts may vary depending on the variety of the grain used.*