



HUSK® -FIBRES

Fibres help to keep your stomach working and feel full in a good way. Fibres are found in food with a high wholemeal content, i.e. food with whole or processed kernels. Wholemeal is found in oats and rye bread, but also in some white bread. Rice (like brown rice), pasta (like wholewheat pasta), muesli and other breakfast cereals can also be good sources of wholemeal and thus more fibres. Look for the "wholemeal logo" when shopping. Fibres are also found in potatoes, vegetables and fruit, as well as in some husks, like HUSK®. Adults should eat 25-35 gram fibres daily.

You can use the following list showing the fibre content of various foods to see whether you are getting enough fibres, and to get ideas and new inspiration to a more fibre rich diet. Note down your daily intake of fibres on the list and see whether the fibre content of your daily diet is sufficient.

FIBRE LIST

Bread, per slice or piece

	gram fibre
Crispbread, rye, coarse, 2 pieces, 30 g	4.9
Crispbread, wheat, fine, 2 pieces, 30 g	1.5
Crispbread, wheat, wholemeal, 2 pieces, 30 g	2.9
Rye bread, dark and wholemeal, 2 half ordinary slices, 50 g	4.0
Rye bread, dark and wholemeal, one whole small slice, 40 g	3.2
White bread or bread roll, 1 slice or piece, 40 g	1.6
White bread, wholemeal of diff. sorts, 1 slice, 40 g	1.8

Flour, corn and grain, per dl

Barley, 100 ml, 55 g	5.2
Buckwheat grain, 100 ml, 80 g	2.3
Bulgur, 100 ml, 75 g, raw weight	5.8
Corn flakes, ordinary, 100 ml, 15 g	0.5

Corn flour, 100 ml, 65 g	2.0
Corn starch, 100 ml, 50 g	0.3
Lentils, 100 ml, 80 g, raw weight	7.0
Muesli, 100 ml, 30 g	2.6
Oatmeal, 100 ml, 30 g	3.0
Pasta, fusilli, 100 ml, 30 g, raw weight	1.0
Pasta, wholemeal, 100 ml, 30 g, raw weight	2.9
Rice, 100 ml, 80 g, raw weight	0.7
Rice, brown, 100 ml, 80 g, raw weight	1.9
Rye flour, 100 ml, 50 g	7.4
Wheat flour, 100 ml, 60 g	2.2
Wheat flour, wholemeal, 100 ml, 60 g	7.0

Vegetables and potatoes, per 100 gram

Aubergine, 1/3	2.4
Bean sprouts, 250 ml	1.2
Beans, green, 200 ml	3.2
Beetroot, 1 medium	2.3
Broccoli, 2 florets	3.4
Brussels sprouts, 150 ml	4.1
Cabbage, cut, 300 ml	2.3
Carrot, 2 small or 1 very large	2.7
Cauliflower, 1/4	2.4
Celeriac, 1/7	3.9
Celery, 3 stalks	1.6
Corn, kernels, 150 ml	2.2
Cucumber, 1/3	0.7
Leek, ½ large	2.2
Lettuce, Iceberg, Chinese leaf and Round lettuce, 300-400 ml	1.2
Mushrooms, 300 ml or 5 whole	1.6
Onion, 1 large	1.9
Parsley root, 1 small	4.3
Parsnip, 1 small	4.5
Peas, raw, 150 ml	5.9
Pepper, 1 medium	1.7

Potatoes, 1 large	1.5
Red cabbage, cut, 300 ml	2.0
Spinach, 400 ml	1.9
Squash, 200 ml	1.1
Tomato, 1 large	1.9

Fruit and nuts, per 100 gram

Almonds, 150 ml or 100 nuts	9.2
Apple, 1 medium	2.2
Apricot, dried, 200 ml or 20 whole	9.3
Apricot, fresh, 3 whole	1.6
Avocado, 1 whole	5.2
Banana, 1 medium	1.6
Blackberries, 200 ml	4.3
Blackcurrants, 200 ml	5.8
Blueberries, 200 ml	1.6
Cherries, 200 ml	1.3
Date, dried, 150 ml or 12-13 whole	6.4
Fig, dried, 3	9.3
Fig, fresh, 1½	1.2
Grapefruit, 1 small, without peel	1.4
Grapes, 15-20 pieces	1.4
Hazelnut, dried, 150 ml	8.2
Kiwi, 1½	2.7
Mango, 1/2	1.9
Melon, cantaloupe, 1/3	0.4
Melon, water, 1/7	0.5
Olives, 15-20 pieces	4.1
Orange, 1 small, without peel	2.0
Peach and nectarine, 1 small	1.7
Pear, 1 medium	3.2
Pineapple, fresh and tinned, 3 slices	1.4
Plum, 5 whole	1.6
Prunes, 12-13 pieces	7.6
Raisins, 150 ml	3.6
Raspberries, 200 ml	4.4



Redcurrant, 200 ml	4.2	_____
Strawberries, 200 ml	1.5	_____
Walnut, 250 ml or 25 nuts	5.6	_____

Fibre supplement

HUSK® powder, 5 tsp.	6.0	_____
HUSK® capsules, 15 pieces	6.0	_____
Husk® fibre, 3 tsp.	6.0	_____

FIBRE RICH SNACKS

Snacks between meals can make a good fibre supplement. It is recommended that you eat 2-3 healthy snacks between meals every day. Try eating:

- Half a slice of rye bread with cottage cheese or hard cheese.
- A banana with half a slice of rye bread
- A portion of soured milk product (like yoghurt) with muesli
- 1 smoothie with blended berries and soured milk product.
- One carrot, one apple, 1 piece of coarse crisp bread, like rye crispbread
- One slice of wholemeal bread with marmalade or 1 slice of cold cut, like ham and tomato
- One grated carrot with fresh orange juice
- 1 portion of stewed fruit.

HUSK® SUPPLEMENT

HUSK® contains 85 % dietary fibres, which means you get 8.5 gram extra fibres just by taking 10 gram HUSK®.

HUSK® is Psyllium husks, also called Ispaghula husk. HUSK® is a natural fibre, used for treatment of constipation, irritable bowel syndrome (IBS) and diarrhoea. Furthermore HUSK® lowers the cholesterol levels in the blood.

HUSK® can be taken as a daily fibre supplement and is available in both capsules and as powder. HUSK® can be stirred into water or juice, or you can sprinkle HUSK® on soured milk products or mix it in your porridge or bread.

2-3 teaspoons of powder or 6-10 capsules twice a day is normally enough. It is important to drink one to two glasses of water after taking HUSK®.

You can buy HUSK® at the pharmacy, at Matas, in health shops and at the supermarket.

HUSK®
Your daily fibres



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Eat more fibres



- a guide to dietary fibres

HUSK®

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