



Start the day with lots of fibres

Bread, porridge or cereals should contain at least 5-8 g dietary fibres per 100 g.

**Fibre rich breakfast buns with seeds and vegetables**

*Approx. 20 pcs, 70 g each*

- 450 g wheat flour
- 450 g white wheat
- 50 g seeds/wholegrain mixture (e.g. sunflower, pumpkin, wheat grains)
- 20 g grains or seeds to sprinkle on top
- 400 ml low fat soured milk product
- 400 ml water
- 50 g fresh yeast
- 7 g salt
- 20 g FiberHUSK®
- 100 g grated vegetables (e.g. carrots, squash, celery)

- Mix FiberHUSK® with half the water and yeast with the other half.
- Stir in the remaining ingredients and stir the dough thoroughly
- The dough rises for minimum 30 minutes - knead thoroughly
- Shape the dough into approx. 20 buns, and brush with water and sprinkle with seeds
- Let the buns rise at least 20 minutes - bake at 180-200°C (350-390°F) for approx. 20 minutes

| Nutritional content per 100 g: |                   |
|--------------------------------|-------------------|
| Energy                         | 1100 kJ / 260 cal |
| Proteins                       | 9 g               |
| Carbohydrates                  | 77 g              |
| Fat                            | 13 g              |
| Dietary fibres                 | 8 g               |



Fish for lunch

**Fish cakes or fishballs**

- 400 g fresh fish (e.g. Pollack, cod, plaice, salmon)
- 150 g vegetables / herbs (leek, peppers, sinage, parsley, basil)
- 1 egg
- 1 tsp salt
- 1 tbsp FiberHUSK®

- Chop fish meat and vegetables finely in a food processor
- Stir with the remaining ingredients
- The mixture is placed in a cool place for 20 minutes before it is shaped into cakes and fried in oil on a frying pan or in the oven at 180°C (350°F), or cooked as fishballs in a light fish stock
- Serve with dark bread and herbal remoulade

**Herbal remoulade**

- is a low fat and fibre rich alternative to ordinary remoulade

- 1 dl mixed vegetables (e.g. celery, carrot, cucumber, gherkin) is chopped finely and mixed with 2 tbsp remoulade

| Nutritional content per 100 g fish cake without herbal remoulade: |                  |
|---|------------------|
| Energy  | 460 kJ / 109 cal |
| Proteins  | 15 g             |
| Carbohydrates   | 0.2 g            |
| Fat   | 5 g              |

FiberHUSK® binds fluid and therefore helps holding the fish mixture together, even when filled with finely chopped vegetables and herbs.



Meatballs for dinner

**Spicy meatballs**

- 500 g minced meat (max. 10% fat)
- 500 g finely chopped / finely grated vegetables / herbs

Ex:

- “French”: onion, garlic, carrot, parsley root, celery, parsley and thyme
- “Arabian”: onion, carrot, flat-leaf parsley, fresh mint and cumin
- “Greek”: onion, garlic, peppers, mixed fresh herbs and low fat feta cheese
- “Asian”: onion, garlic, peppers, chilli, ginger, parsnip, celery, 1 tsp soya sauce, 1 tsp wine vinegar

- 2 eggs
- 100 ml oat meal
- 1 tbsp FiberHUSK®
- If necessary 2 tbsp oil for frying
- Salt and pepper to taste

The chosen ingredients are chopped and grated finely and mixed with the remaining ingredients and stirred thoroughly.

- The mixture is placed in a cool place for 20 minutes
- Shape into meatballs and cook in the oven on baking paper at 180°C (350°F) or fry on a frying pan or the grill

| Nutritional content per 100 g meatball: |              |
|---|--------------|
| Energy                                  | 570 kJ / cal |
| Proteins                                | 12 g         |
| Carbohydrates                           | 8 g          |
| Fat                                     | 6 g          |



The healthy snack

**Smoothie**

- 150 g frozen fruit
- 200 ml milk products (low fat milk, butter milk, low fat soured whole milk, low fat fruit yoghurt)
- 1 tsp FiberHUSK®
- If necessary sugar or sweetener

Blend all ingredients.  
Sweeten to taste.

| Nutritional content per 100 g: |                 |
|--------------------------------|-----------------|
| Energy                         | 200 kJ / 50 cal |
| Proteins                       | 2 g             |
| Carbohydrates                  | 7 g             |
| Fat                            | 1 g             |
| Dietary fibres                 | 2.5 g           |

If FiberHUSK® is added to smoothies, you achieve a longer lasting sense of fullness and a better regulation of your blood sugar after the meal.

The 8 dietary advice:

- Eat fruit and vegetables, 6 pcs. a day
- Eat fish several times a week
- Eat potatoes, rice and pasta and coarse bread every day
- Cut back on sugar, especially from soft drinks, sweets and cake
- Cut back on fat, especially from dairy products and meat
- Eat varied and maintain standard weight
- Quench your thirst with water
- Be physically active at least 30 minutes a day

The background for recommending eating fibre rich bread and fruit and vegetables daily is that food with a high content of dietary fibres regulates our appetite by making you feel full. Dietary fibres also help regulate our blood sugar levels, further digestion and prevent constipation.

Food with a lot of dietary fibres can be a protective concerning the development of cancer, especially cancer in the large intestine and rectum. Studies have shown that dietary fibres reduce the risk of developing type 2 diabetes and cardiovascular diseases.

The Danish Medicine Agency recommends that you get at least 25-30 g dietary fibres through your daily diet. Dietary studies show that the Danes' daily mean intake of dietary fibres is 20 g, which is too little considering the recommendation.

The dietary fibre content in food can be increased by adding FiberHUSK® to your food.

FiberHUSK® contains:

FiberHUSK® is a water soluble fibre product consisting of pulverized Psyllium husk from the Indian plant Plantago ovata Forsk. – also known as Ispaghula Husk. The fibres consist of water soluble hemicellulose, pectin, pentose and hexose.

| Nutritional content per 100 gram: |               |
|-----------------------------------|---------------|
| Energy                            | 50 kJ/ 10 cal |
| Protein                           | 1.50 g        |
| Fat                               | 0.60 g        |
| Carbohydrates                     | 0.00 g        |
| Sodium                            | 0.08 g        |
| Dietary fibres                    | 85.00 g       |

Use and function:

Dietary fibres from FiberHUSK® binds water and should therefore always be taken with fluid, either in the food or accompanying the food.

If you add FiberHUSK® to the food it will help keep the intestinal content soft, as the water soluble dietary fibres absorb the fluid. At the same time the volume of the intestinal content increases, this gives you a better digestion as the bowel movements are stimulated. Thereby the risk of constipation and other irregularities as a result hereof is reduced.

A meal rich in fibres provides fullness for a long time and at the same time has a positive influence on the blood sugar levels; the fibres causes the stomach to empty at a slower rate and the nutrients are thereby absorbed at a lower rate in the small intestine.

Sharpen your senses

Prepare healthy and delicious food with a lot of dietary fibres, vitamins and minerals

By adding extra vegetables to the food the taste sensation is improved as more senses are stimulated

The nuances of taste is divided into sweet, sour, salty, bitter and umami

Sweet you get from fruit and sweet vegetables like pepper fruit, carrot and parsnip

Sour from lemon juice, wine vinegar, onion and acid fruit

Salty from soya sauce and salt

Bitter from onion, the peel of citrus fruits and artichoke

Umami from ingredients like parmesan, seaweed, meat, anchovies, shrimps, ripe tomatoes and green tea

The recipes in this folder are prepared by dietician and cook Charlotte Tønnes Edelberth.

See more recipes on [www.fiberhusk.dk](http://www.fiberhusk.dk)



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Cooking  
with dietary fibres