

Fibre is a big hug!

What is Fiber?

Fiber is a special part of our food that helps keep our gut buddies happy and healthy. It's found in lots of foods like fruits, veggies, and grains.

Different Kinds of Fiber

Bulking Fiber: This type of fiber helps you poop regularly. You can find it in:

- Grains: wheat, bran, barley, rye
- Veggies: corn, broccoli, carrots
- Nuts and seeds: walnuts, almonds, peanuts, sunflower seeds

Viscous Fiber: This type of fiber helps slow down digestion and keeps your blood sugar steady. You can find it in:

- Oats
- Avocado
- Lentils and beans
- Broccoli
- Chickpeas
- Pears, raspberries

Fermentable Fiber: This type of fiber feeds the good bacteria in your tummy. You can find it in:

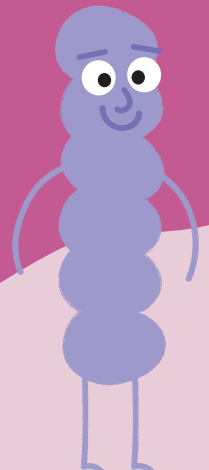
- Veggies: garlic, leeks, onions, cauliflower, spinach
- Fruits: apples, bananas, berries, kiwi, pomegranate
- Grains: barley, oats, brown rice, whole wheat
- Nuts and seeds: almonds, cashews, flaxseed
- Legumes: beans, peas, lentils, hummus

Why is Fiber Important?

Fiber helps you stay healthy by:

- Making sure you poop regularly
- Keeping your blood sugar steady
- Feeding good bacteria in your tummy that help you stay healthy

Eating fiber is like giving your gut buddies a **big hug**. So eat lots of yummy fruits, veggies, grains, nuts, and seeds every day to keep your gut buddies, body and brain super happy!



Pumpkin

Vitamin A and Zinc



Pumpkin is rich in fibre and is prebiotic. Prebiotics encourage the growth of good bacteria.

All parts of the pumpkin are great gut foods. The oil from pumpkin seeds is highly anti-microbial and helps to ward off various bacterial and fungal infections.

Pumpkin contains high levels of vitamin A which is essential to give you an immunity boost. Pumpkins also contain a lot of zinc – particularly in the seeds, and high levels of zinc help to strengthen the gut lining in patients with Crohn's disease.

Make your own pumpkin puree to add to lots of recipes, it will keep in the fridge for a week or in the freezer for 3 months.

*Pumpkin Puree

- 1 small baking pumpkin, 2.5-3kg
- Fine sea salt, optional

Heat the oven to 120 C and line a baking sheet with baking paper. Cut the pumpkin in half.

Scoop out the seeds and most of the stringy bits. (Keep these!) Lightly season the inside of the pumpkin halves with salt then place cut-side-down onto the baking sheet.

Bake until the pumpkin can easily be pierced with a knife in several places and the flesh is pulling away from the skin, 45 to 60 minutes.

Cool until you can safely handle the halves then scoop out the soft flesh into a food processor.

Process until very smooth, 3 to 5 minutes.

Pumpkin Mac & Cheese *Great for Kids!*

Ingredients

- About 4 cups of dried pasta, such as farfalle, macaroni or shells
- 4 tablespoons (55 grams) unsalted butter
- 1/4 cup (30 grams) all-purpose flour
- 1/2 teaspoon fresh ground black pepper
- 2 cups (470 ml) whole milk
- 1/4 teaspoon finely grated nutmeg
- 220g tasty cheese, grated
- Salt, as needed
- 1 teaspoon Dijon mustard
- 1 cup pumpkin puree

Steps

Heat the oven to 180 degrees. Butter a 3-litre casserole dish.

Bring a large pot of salted water to a boil. Cook pasta as directed on package. (7 - 10 minutes). Drain.

Melt butter in a large, high-sided pan over medium heat. When the butter begins to bubble, add the flour. Cook, whisking constantly 2 to 3 minutes the colour of the butter-flour mixture will turn light brown. While whisking, slowly pour in the milk. Continue to cook, whisking constantly until the sauce bubbles and thickens. Season the sauce with a 1/2 teaspoon of salt, pepper, nutmeg, and mustard. Add the pumpkin puree and three-quarters of the grated cheese. Stir until the cheese has melted and the sauce is smooth. Taste the sauce for seasoning and adjust with more salt or pepper.

To Finish

Mix the cooked pasta into the sauce until well coated then spoon into the prepared baking dish, top with remaining cheese.

Bake the macaroni and cheese, uncovered, until golden brown on top, about 25 minutes. Let stand 5 minutes before serving.

Pumpkin Pie Smoothie

Ingredients

- 1 Frozen Banana
- 1 tsp vanilla extract
- 1/2 cup pumpkin puree*
- 1/2 cup milk of your choice
- 1/2 cup greek yogurt
- 1/2 tsp ground cinnamon
- Pinch of nutmeg, ginger, allspice
- Honey to taste (optional)

Add all ingredients to a blender and blend until smooth. Serves 1.