

# Marie Murphy Health & Fitness

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## Benefits of Water Soluble Fibre Foods

The first and foremost benefit is that water soluble fibre foods reduce the risk of colon cancer, as these foods keep the system clean. Toxins from the body are eliminated, nutrients are easily absorbed, bowel friendly bacteria are increased, and cholesterol levels as well as triglycerides are reduced. Also a person feels satiated after consuming the soluble fibre foods, which in turn keeps the unnecessary calories away and help in reducing weight. Consuming these foods will ensure regular bowel movement.

People diagnosed with diabetes should eat soluble fibre foods as these foods prolong the process of cleaning the colon. In this process sugar is released and absorbed slowly into the system, which helps in regulating the blood sugar levels. Since these fibres bind with bile acids, they are also able to reduce LDL (low density lipoproteins) cholesterol levels from the body.

Below is a list of water soluble fibre foods that you can start adding to your daily nutrition.

### List of Water Soluble Fibre Foods

Apples	Dates	Peas
Applesauce	Dried beans	Potatoes
Apricots	Dried Peas	Prunes
Artichoke	Flax Seed	Pumpkins
Avocados	Gooseberries	Quinces
Bananas	Grapefruit	Quinoa
Beetroot	Legumes	Raisins
Berries	Lentils	Red Currants
Barley	Lima Beans	Rice
Broccoli	Mangoes	Rice cereals
Brown rice	Mushrooms	Rye
Carrots	Nectarines	Sesame seeds
Cauliflower	Nuts	Sour plums
Chestnuts	Oat bran	Soy
Chickpeas	Oatmeal	Soy Beans
Citrus Fruits	Onions	Squash
Concord grapes	Oranges	Strawberries
Cooked Kidney Beans	Papayas	Sweet potatoes
Cooked Lentils	Parsnips	Tempeh
Corn	Peaches	Turnips
Cornmeal	Pear	White Pasta
Cranberries	Plums	Yams