



## FIBRE

### What is fibre?

Fibre is the indigestible parts of plant foods from vegetables, fruits, grains, beans, and legumes. It is a type of carbohydrate that helps keep our digestive systems healthy.

### Types of fibre

**Soluble fibre:** dissolves in water and slows the emptying process in our stomachs, which helps you feel fuller for longer. It also helps to lower cholesterol and stabilise blood glucose levels. Soluble fibre is found in fruits vegetables, oats, barley, seeds, and legumes.

**Insoluble fibre:** doesn't dissolve in water rather it absorbs water to help to soften the contents of our bowels and support regular bowel movements. It also helps to keep us full and keep the bowel environment healthy. Insoluble fibre is found in wholegrain breads and cereals, nuts, seeds, wheat-bran and the skin of fruits and vegetables.

**Resistant starch:** "resists digestion" - they cannot be is not digested or absorbed in the small intestine and rather, proceed to the large intestine where it provides fuel for good bacteria and improves bowel health (gut microbiome). Different ways of cooking can create different amounts of resistant starch. Resistant starch is found in undercooked pasta, under ripe bananas, cooked and cooled pottos and rice. Resistant starch is able to ferment, producing substances that keep the lining of the bowel healthy.

## Why is fibre so important?

- It helps you live longer.
- It improves blood sugar levels
- It improves cholesterol levels.
- It normalises stool and bowel movements.
- It reduces the risk of cardiovascular disease, lowers the risk of breast cancer, and reduces the risk of colorectal cancer.
- It helps to prevent diverticulitis.
- It helps you to achieve a healthy weight.

## How much fibre should I eat?

Everyone should aim to eat approximately 30g of fibre per day.

## How can I eat fibre daily?

- By eating a variety of plant-based foods, including:
- a variety of wholegrains e.g., rice, oats, quinoa, barley, polenta, and buckwheat,
- eating two pieces of fruit and 5 servings of vegetables a day.
- Drinking plenty of water
- Choosing wholegrain, wholemeal and/or high fibre varieties of grain-based foods.

