



Good Food, Good Life

DIETARY FIBRE

Dietary fibre is a type of carbohydrate that is found in the walls of plant cells, and it cannot be digested by the body. Dietary fibre can either be soluble or insoluble. Both are important for good health.

Tastier, healthier choices



WHAT CAN FIBRE DO FOR YOU?

SOLUBLE FIBRE



HOW IT WORKS

Dissolves in water to form a gel-like substance.

BENEFITS

Supports the growth of friendly bacteria needed to help maintain healthy intestines.

Reduces cholesterol absorption, helping to reduce the risk of heart disease.

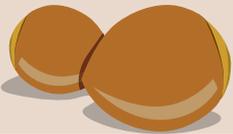
FOOD SOURCES

Oats, dried beans, lentils, vegetable and fruit.

A HEALTHY ADULT NEEDS

30g of dietary fibre per day

INSOLUBLE FIBRE



HOW IT WORKS

Does not dissolve in water.

BENEFITS

Adds bulk to the stools by absorbing water, and helps keep you regular thus reducing the chances of constipation.

FOOD SOURCES

Wholewheat, wheatbran, wholegrains, outer skins of vegetables, nuts and seeds.



Introduce fibre into your diet gradually and ensure that you drink enough fluids.

7 TIPS ON BOOSTING YOUR FIBRE INTAKE

1

Change to a high fibre breakfast cereal.

2

Choose wholewheat or wholegrain instead of white bread.

3

Eat fresh fruit with the skin on.

4

Wash fruit and vegetable to avoid peeling the skin off.

5

Use brown rice rather than white.

6

Read food labels to select foods high in fibre. i.e. high in fibre ($\geq 6g$ per 100g)

7

Use wholewheat pasta.

*HIGHER FIBRE ALTERNATIVES

1 portion of wholewheat pasta (200g cooked)



1 portion of white pasta (200g cooked)

9g of fibre

2.3g of fibre

200g of brown, long grain rice (cooked)



200g of white, long grain rice (parboiled, unenriched, cooked)

1.8g of fibre

0.2g of fibre

1 apple with skin (150g)



1 apple without skin (150g)

3.3g of fibre

2.7g of fibre

2 slices of wholegrain wholewheat bread (70g)



1 croissant (70g)

3.5g of fibre

0.7g of fibre

*Averages