



Fibre

Dietary fibre is a group of compounds found in plants that cannot be fully digested in our gut

Functions of Dietary fibre

Fibre has more than one health benefit, it impacts the whole body.¹



Helps keep digestive system healthy



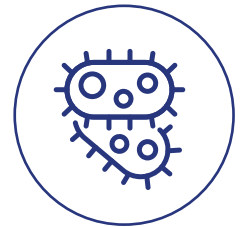
Aids prevention of constipation



Reduces risk of cardiovascular diseases

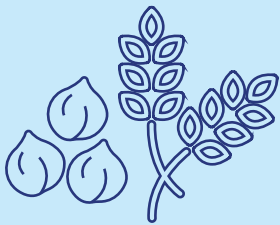


Helps to control blood glucose



Influences the gut microbiome²

There are two types of dietary fibre

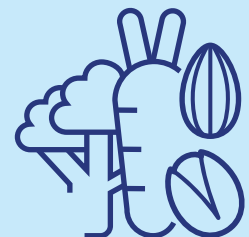


Soluble

fibre which is normally soft moist fibre, includes pectins and beta-glucans. Found in **fruit, vegetables, pulses and oats**.³

Insoluble

fibre which is mainly the outer shell of **seeds, grains, nuts, fruits and vegetables**. It is the tougher, less digestible fibre, it will not 'mash-up' and can be stringy or coarse, includes cellulose.³



What is important to remember is that fibre-rich foods typically contain both types of fibre.³

Health & Nutrition Sciences

How much fibre do I need?

It is recommended for an average adult to consume at least **25g⁴** of fibre daily and in the UK this has increased further to **30g a day.⁵**



Research has shown that on average, dietary fibre intakes across Europe and UK are NOT meeting the recommendation.⁶

Did you know?

Food such as **oats and barley** contain a type of fibre known as **beta glucan**, which may **help to reduce cholesterol** levels if you consume **3g or more of it daily**, as part of healthy diet.⁷

It's not just about quantity... Your diet should be varied and balanced. A variety of fibre-rich foods may help promote the diversity of your gut bacteria

How much fibre do I need?

- 1 Choose whole grain over refined grain products
- 2 Add vegetables to every meal
- 3 Go for pulses as meat alternatives
- 4 Opt for fruit snacks
- 5 Add nuts and seeds to your diet to increase fibre

Food swaps, Fibre gains...³

Some suggestions on how to include more fibre into your day

White bread for wholemeal bread
(2 slices) = **3g**

White pasta for wholemeal pasta (av. portion) = **5.5g**

Low fibre breakfast cereals for oats
(1 cup) = **4g**

Chocolate bar for medium sized apple
= **3.6g**

References

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7. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to beta-glucans (abbrev.) EFSA Journal 2009; 7(9):1254