



Fibre

Fibre is any plant material that can be consumed. There are many benefits to consuming fibre. These benefits include increasing your nutrient absorption, providing 'bulk' to your stool, preventing constipation, giving you a feeling of satiety and keeping your blood sugar levels constant.

There are two types of Fibre.

1. Soluble Fibre

Soluble Fibre absorbs water. It is found in fruits, vegetables and most cereals. It helps to bind water in the intestine and increases the volume of waste material. This allows more frequent and softer bowel motions and helps to prevent constipation.

2. Insoluble Fibre

Insoluble Fibre acts as a 'thickener'. It is found in fruits, lentils and some cereals (such as barley and oats). Insoluble fibre helps to trap fat and stop it being absorbed. It therefore plays a role in lowering blood cholesterol levels. Its dense structure provides a slow release from your stomach into your intestines, thus keeping your blood sugar levels at a constant level. This assists in decreasing the risk of type two diabetes.

How Much Fibre is recommended?

The Australia Dietary Guidelines recommends having 2 pieces of fruit per day, 5-7 serves of vegetables and legumes and 4-9 serves of cereals (bread, rice, pasta & noodles).

One serve of Fruit = 1 medium (150g) piece of fruit or 1 cup of diced fruit

One serve of Vegetables & Lentils = ½ cup (75g) cooked vegetables or legumes, 1 cup of salad vegetables or 1 small potato

One serve of Cereals = 2 slices of whole grain bread, 1 medium whole grain roll or 1 cup of cooked rice, pasta or noodles

For more information, please contact Andrea.

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