

## MMM.....Fibre

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- Fibre is a carbohydrate found in plants.
- Unlike other carbohydrates, it passes through the body undigested. This means that fibre provides low-calorie filler.
- It literally fills up the stomach so that you feel full.
- Good bacteria in the bowel convert fibre into short-chain fatty acids, which provide energy for the body and may help protect against cancer.

There are 2 forms of fibre, insoluble and soluble. Both types of fibre affect the body differently and come from different food sources:

### **Insoluble Fibre:**

- Makes stool heavier
- Speeds stool passage through the gut
- Absorbs many times its weight in water, and thus helps eliminate stool

Sources of Insoluble Fiber

- Wheat bran
- Whole grains
- Skins of many fruits and vegetables
- Seeds

### **Soluble Fibre:**

- Forms a gel that traps some substances related to high cholesterol, and thus reduces the absorption of cholesterol into the blood
- Delays stomach emptying, and thus slows the entry of sugar into the blood, which helps to blunt sudden spikes in blood sugar levels

Sources of Soluble Fibre:

- Oats
- Legumes like peas, kidney beans, and lentils
- Brown rice
- Barley
- Apples, broccoli, and potatoes

**Fiber helps to protect** against conditions like:

- Cancer
- High Cholesterol
- Constipation
- Type 2 Diabetes
- Heart Disease
- Stroke

Healthy adults should consume **26 to 35 grams of fibre daily** – be sure to include both insoluble and soluble fibre.