

Fibre

Fibre is a type of carbohydrate that the body cannot digest. There are two main types of fibre **Soluble Fibre:** Dissolves in water to form a gel-like substance, helping regulate blood sugar and lower cholesterol.

Insoluble Fibre: Adds bulk to stool and promotes regular bowel movements by helping food pass more easily through the digestive system.

Fibre Benefits

- ✓ Supports healthy digestion and prevents constipation
- ✓ Helps regulate blood sugar levels
- ✓ Lowers cholesterol levels
- ✓ Aids in weight management by promoting satiety
- ✓ Supports gut microbiome and overall gut health

Soluble Fibre

(Supports Blood Sugar & Cholesterol Balance)

- ✓ Oats
- ✓ Apples
- ✓ Pears
- ✓ Bananas
- ✓ Citrus fruits (oranges, lemons, grapefruits)
- ✓ Carrots
- ✓ Sweet potatoes
- ✓ Beans (black beans, kidney beans, chickpeas, lentils)
- ✓ Flaxseeds
- ✓ Chia seeds
- ✓ Psyllium husk

Insoluble Fibre

(Supports Regular Bowel Movements & Gut Health)

- ✓ Whole grains (brown rice, whole wheat, bulgur, quinoa)
- ✓ Nuts & seeds (almonds, walnuts, sunflower seeds)
- ✓ Leafy greens (kale, spinach, Swiss chard)
- ✓ Broccoli
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Celery
- ✓ Green beans
- ✓ Root vegetables (carrots, parsnips, beets – particularly their skins)

Simple Ways to Add More Fibre to Your Diet

- ✓ Start your day with a fibre-rich breakfast (e.g., oatmeal with flaxseeds and berries)
- ✓ Choose whole grains over refined grains
- ✓ Snack on nuts, seeds, and fruit instead of processed snacks
- ✓ Add legumes to soups, salads, and main dishes
- ✓ Keep the skins on fruits and vegetables when possible