



WHERE IS THE FIBRE?

Dietary fibre is the indigestible part of plants that has health-promoting properties. Comprising soluble and insoluble fibres, it helps to:

- Lower blood cholesterol levels, thus reducing the risk of heart disease
- Control blood sugar levels in people with diabetes
- Manage body weight by making you feel full, so that you eat less
- Promote bowel movement, thus preventing constipation



Adults should aim for 20 grams (for women) to 30 grams (for men) of both soluble and insoluble fibre each day, with about one-quarter (6 to 8 grams) from soluble fibre. Good sources of soluble fibre are oats, barley, beans, some fruit and vegetables.

HIGH-FIBRE SUPERSTARS



HOW TO INCORPORATE MORE FIBRE?

You can do so by gradually increasing your fibre intake over 2 or 3 weeks, while drinking at least 6 to 8 glasses of caffeine-free fluids daily. Here are some examples of high-fibre foods and their fibre content (grams):

 4-6g	 ≥0.6g	 3.5g
2 slices wholemeal bread	3 pieces wholemeal crackers	1 serving (32g) oatmeal
 ≥3g	 4.1g	 >3g
1 bowl unpolished rice	2 small chapatis (60g)	1 bowl noodles with extra vegetables
 18.6g	 ≥3g	 3.2g
1 bowl red bean soup	1 medium orange	30g unsalted baked almonds