

## Tips for managing fibre intake

### What is fibre and how much should I be eating?

There are two forms of fibre, soluble and insoluble. Insoluble fibre cannot be digested and therefore passes through the digestive system adding bulk which helps to prevent constipation. Plant sources such as nuts and seeds, wholegrains and vegetables are good sources of insoluble fibre.

Soluble fibre dissolves in our digestive system, it can help reduce blood glucose and cholesterol levels by slowing digestion. Soluble fibre can be found in rye and barley along with fruits and vegetables.

So, which one should I choose? The simple answer is a mix of both! Aim to eat 30g of fibre per day. Did you know the average adult in the UK gets only 18g of fibre per day?



### Why is it good for me?

Fibre keeps you feeling fuller for longer which helps to suppress the feeling of hunger, but also can allow you to not overeat due to increasing chewing and therefore eating more slowly.

Soluble fibre helps to keep your gut bacteria healthy which is thought to promote weight loss by reducing your appetite. If you combine soluble fibre within your diet and make other lifestyle changes such as; being more physically active and making healthier food choices, this will help you to lose but also maintain weight loss.

A diet rich in fibre reduces the risk of Heart Disease, Stroke and Type 2 Diabetes.

[www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet](http://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet)

### How to get more fibre into your day?

- Checking nutritional table for fibre content by using 100g column
- High fibre food has 6g or more per 100g
- Choose wholegrain carbohydrates such as wholegrain bread, pasta and rice
- When baking use whole-wheat flour when possible
- Vegetarian options such as; beans and pulses within dishes
- Seeds and nuts in smoothies, soups, casseroles and yogurts
- Cereal with 5g or more fibre per serving
- Adding fruit to cereal or porridge
- Keep frozen vegetables in the freezer making sure you're never without
- 5 or more portions of fruit and vegetables a day
- Keeping skin on fruit and vegetables



Having a variety of fibre is the most important aspect to bring you balance within your diet. Making sure you increase fibre intake gradually whilst staying hydrated will help to avoid stomach and gut discomfort.

### Author

Hi I'm Victoria, I'm qualified in Sports and Health Science and work as a health and well-being coach at Xyla health and wellbeing. My role consists of helping and supporting people create a healthier lifestyle. I thrive in helping people and providing advice that will contribute to a healthier, happier lifestyle.

### Additional resources

[www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet](http://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet)

[www.bda.uk.com/resource/fibre.html](http://www.bda.uk.com/resource/fibre.html)

