

Fibre Made Simple

Small swaps, big benefits for digestion, heart, and blood sugar.

Fibre keeps you fuller for longer, supports regular digestion, helps manage cholesterol and blood sugar, and feeds a healthy gut. Most adults benefit from roughly 25 to 38 grams per day, and most of us get about half of that.

● Easy everyday swaps

- White bread to whole grain bread; white rice to brown rice, barley, or quinoa.
- Juice to whole fruit. The fibre is in the fruit itself.
- Refined cereal to oatmeal or a bran-based cereal.
- Add beans, chickpeas, or lentils to soups, salads, pasta, and tacos.
- Keep the skin on potatoes, apples, and pears when you can.
- Snack on vegetables with hummus, a handful of nuts, or popcorn.

● Two rules for a happy gut

- Increase fibre gradually over a few weeks, not all at once.
- Drink more water as your fibre goes up. Fibre needs fluid to do its job.