

Tips for EATING MORE FIBER

A diet rich in fiber is a cornerstone of maintaining a healthy digestive system and overall well-being. Fiber, a type of carbohydrate found in plant-based foods, offers a host of benefits that extend beyond digestion. The more fibre we eat, the quicker matter passes through our system, the less toxic chemicals have to build, therefore removing potential carcinogens

THE SIGNIFICANCE OF FIBER

Fiber plays a crucial role in supporting various bodily functions and promoting optimal health. It comes in two primary forms:

SOLUBLE FIBER

Dissolves in water and forms a gel-like substance that can help lower cholesterol levels and stabilize blood sugar levels

types: chia seeds, Psyllium, Slippery elm, Oats, Legumes, Pectin rich fruits such as apples, strawberries, pears and citrus fruits

INSOLUBLE FIBER

Does not dissolve in water and adds bulk to stool, aiding in regular bowel movements and preventing constipation.

Types: Wholegrains, Bran, Brown rice, Fruit and vegetables such as broccoli, sweet potato, kale, cabbage, carrots

BENEFITS OF FIBER

- ★ Improved Bowel Regularity
- ★ Gut Microbiome Support
- ★ Stable Blood Sugar and hormones
- ★ Heart Health
- ★ Weight Management
- ★ reduces high cholesterol

INCREASING FIBER INTAKE TO 30-40G PER DAY

Whole Grains: Opt for whole grain options like brown rice, quinoa, whole wheat bread, and oatmeal. These provide more fiber than refined grains.

Legumes: Beans, lentils, and chickpeas are excellent sources of fiber and protein. Add them to soups, salads, and stews.

Colorful Fruits and Veggies: Incorporate a variety of fruits and vegetables into your diet, aiming for a rainbow of colors. Berries, broccoli, carrots, and leafy greens are high-fiber choices.

Nuts and Seeds: Snack on almonds, chia seeds, flaxseeds, and walnuts, which are not only rich in fiber but also provide healthy fats.

Avocado: Enjoy avocado on toast, in salads, or as a creamy addition to various dishes. Avocados are a good source of both soluble and insoluble fiber.