

# Trust your Gut!

Simple **fibre focused** steps to improve your gut health!

## The Fibre Family

### Soluble fibre

- **Water soluble**
- **Forms a gel like substance**
- **Slows down digestion, can ease diarrhoea**
- **Binds to sugars and fats (cholesterol)**
- **Fermentable in the colon**

### Insoluble fibre

- **Absorbs water**
- **Adds bulk to stool**
- **Brings water into the stool, can ease constipation**
- **Lowers risk of cardiovascular diseases**
- **Has a fast intestinal movement rate**



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## Reasons to be friends with fibre

- ✓ **Reduce your risk of colorectal cancers**
- ✓ **Reduce your risk of type 2 diabetes**
- ✓ **Reduce your risk of cardiovascular diseases, such as heart disease and stroke**
- ✓ **Improve overall bowel health**

## How fibre effects health

- 1. Fibre feeds the healthy bacteria in our gut → improving the health of our gut microbiome**
- 2. Fibre cannot be digested by the body preventing large and rapid blood sugar spikes → this helps to keep blood sugars stable**
- 3. Fibre, particularly soluble fibre, can trap cholesterol and prevent it from entering the blood → this lowers cholesterol**
- 4. Fibre can prevent blockages in the intestines → promoting overall bowel health**

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## Fibre Facts

Fibres are **carbohydrates** that the body **can't digest**

**Adults** are recommended to consume **30g** of fibre daily

There are **two** main types of fibre, **soluble** and **insoluble**

Fibre should be **increased gradually** to avoid adverse symptoms of the gut



Remember to **drink** plenty of fluid to **unlock** the full **potential** of your dietary **fibre**

**Children** have **different** fibre needs than adults:

- **2 to 5yrs:** need about **15g**
- **5 to 11yrs:** need about **20g**
- **11 to 16yrs:** need about **25g**

**Aged 17 and over** can consume the **adult recommendation** of **30g**

**Changing fibre intake** is not suitable for everyone if you have:

- **Irritable bowel syndrome (IBS)**
- **Inflammatory bowel disease (IBD)**
- **Recent gastrointestinal surgery**
- **Any undiagnosed GI symptoms**

**Speak with a dietitian** before **changing dietary fibre habits**