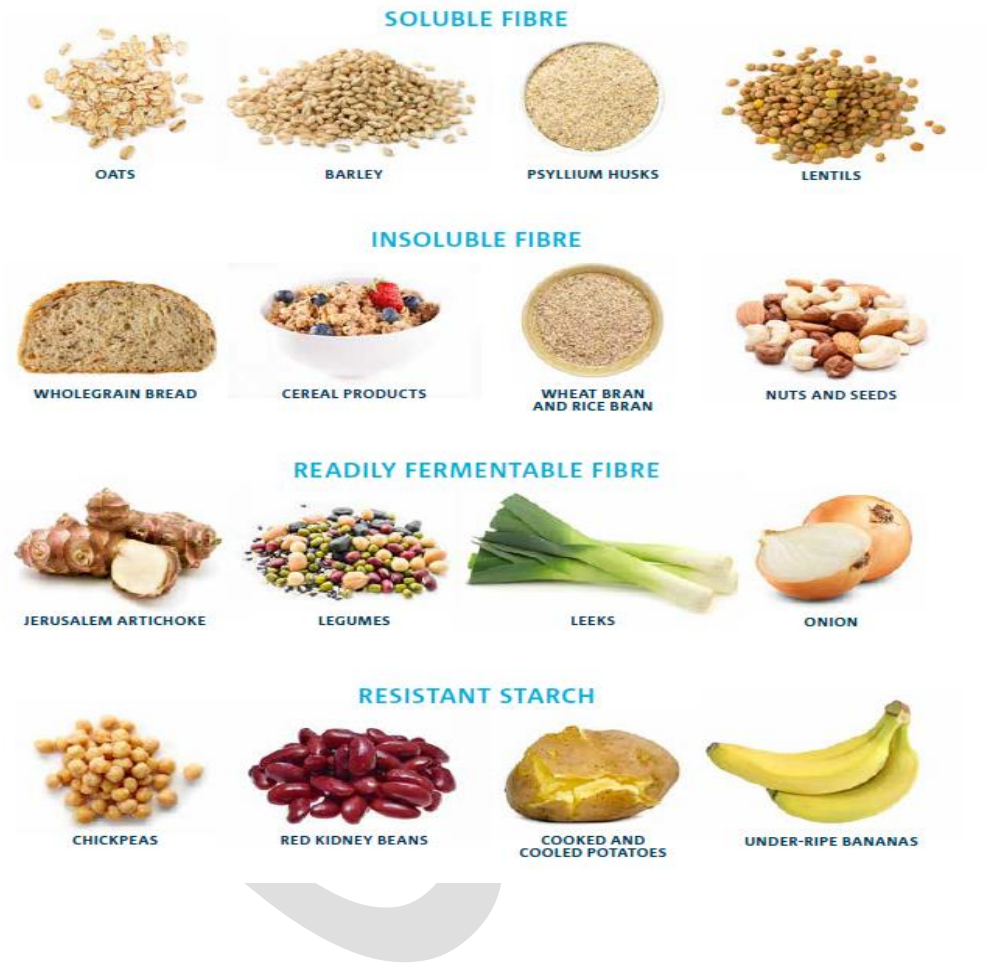
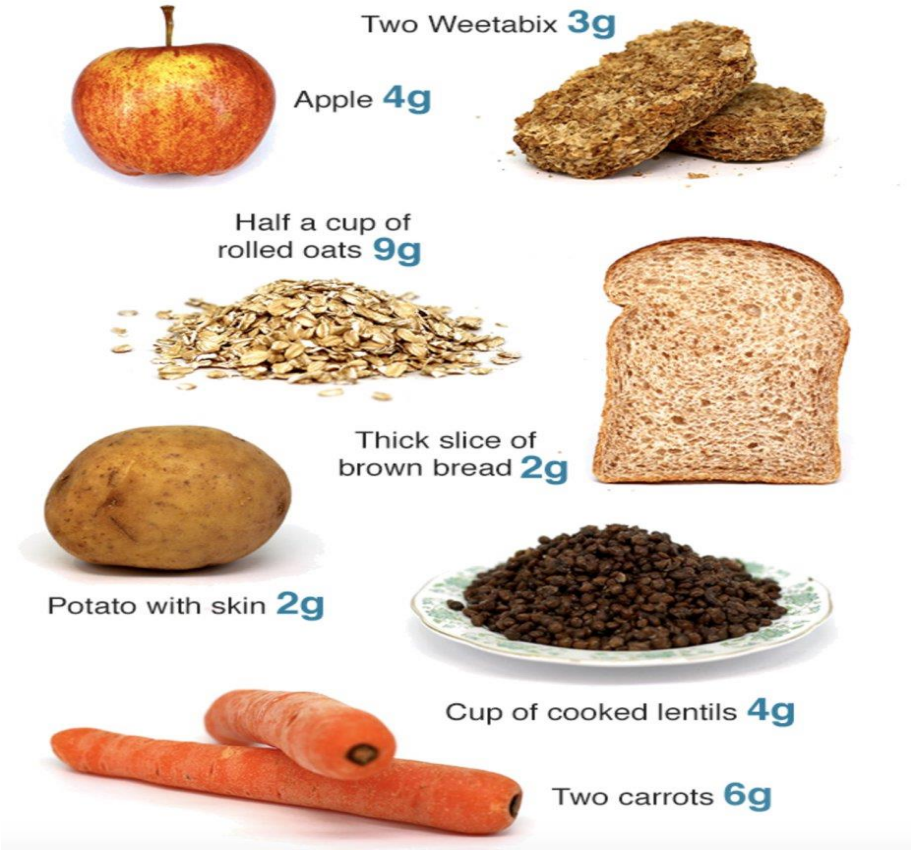
FIBRE

The 4 different types of fibre



WHAT DOES 30G FIBRE LOOKS LIKE



WHAT IS FIBRE?

Fibre is an essential nutrient for the normal functioning of the gut. Fibre is type of carbohydrate that the body cannot digest. Fibre can't be broken down into sugar molecules and instead it passes through the body undigested.
There are 2 main types of fibre called Soluble and Insoluble fibres BUT can be grouped into 4 types families which includes fermentable fibre and resistant starch.

Soluble fibre – Dissolves in water to form a thick gel in your intestines and slows down digestion. Soluble fibres help control cholesterol levels because it binds some cholesterol to the small intestine which prevents them from recycling and entering your blood stream, instead they are excreted in our faeces.

Insoluble fibre – They found mainly in the structures that makeup plants rigid cell walls. Insoluble fibre help ensure regular bowel movements and add bulk to our stools. They can help us feel full for longer, lower blood cholesterol, lower the risk of colon cancer and keep things moving in our GI tract. GENERALLY, BOOST OVERALL HEALTH!!

Resistant starch – Called such as it resists digestion. It sometimes occurs naturally in foods such as green bananas or beans. Another type starch that has been cooked then cooled. The cooling process rearranges the starch molecules in a different configuration. Examples of these are cooled cooked potatoes, cooked pasta, sushi rice and cooked oats.
Like dietary fibres we can't break these down however they are fermented by our microbiota in the colon.
CAUTION FOR PEOPLE WITH GI ISSUES, as excessive amount may cause digestive problems.

Fermentable fibres – Aka Prebiotic or functional fibres however not all fibres are prebiotic. These are non-digestible compound that, through its metabolization by microorganisms in the gut. They include inulin, oligofructose, beta-glucan and resistant starch. Heath benefits of fermentable fibres are- mineral absorption, protein fermentation, immune system defence, up regulate blood glucose and insulin profiles etc.

CAUTION FOR PEOPLE WITH GI ISSUES, as excessive amount may cause digestive problems such as bloating, abdominal pain, gases etc.

The gut plays a large role on your health, so eating more fibre- containing foods has many health benefits. Most of dietary fibre should be consumed from fruit/vegetables and wholefoods. The average adult needs at least 30g fibre daily.
However, it's important not to suddenly increase your fibre intake, this can cause excess gas production and bloating. It's better to gradually increase you fibre over a period weeks!!!