

Fiber's Fast Facts



Fiber: The Secret Super Carb

Fiber is a group of complex carbohydrates that can be found in vegetables, fruit, pulses, grains such as wholemeal bread or cereals. Fiber doesn't get broken down and absorbed in your small bowel like other types of food.

Increasing your intake of high-fiber foods has been linked to reduced risks of heart disease and diabetes. It can also help with maintaining a healthy weight, keep you regular and with good digestive health.

Fiber in Numbers



For every 7 grams of fiber eaten daily, your risk of heart disease drops by 9 percent according to the British Medical Journal.



The Harvard School of Public Health discovered that eating fiber-rich whole grains gives a 17 percent longer life-span.



Every 10 grams of fiber you eat gives a 10 percent reduced risk of colorectal cancer says a study published in the Annals of Oncology.

10 foods containing more fiber than an apple. Have you tried:

- Raspberries
- Black Beans
- Avocados
- Artichokes
- Lentils
- Sweet Potatoes
- Whole-Wheat Pasta
- Chickpeas
- Oatmeal
- Green Peas

The Three Types of Fiber

Soluble fiber dissolves in water and helps lower the body's cholesterol and blood sugar levels. Insoluble fiber keeps your toilet trips regular and will ensure you stay constipation free. Fermentable fiber helps to increase the healthy bacteria in the colon.

Fiber Feeds "Good" Gut Bacteria

The good bacteria that make up your microbiome feed off fiber - and flourish. About 500 different species of bacteria live in the intestine. Some are vital for your health, including weight, blood sugar control, immune function and even brain function.