

FIBRE

KEEPS BOWELS HEALTHY, LOWERS CHOLESTEROL, REGULATES APPETITE,
REGULATES BLOOD SUGAR, HORMONE IMBALANCES AND DIABETES.



Food sources

Wholegrains, oats, cereals, brown rice, beans, lentils, fruit, vegetables, nuts, seeds and soaked linseeds.

Recommended daily allowance

Consume a minimum of 25g - 35g of fibre daily.

Extra water required with high fibre diet. (At least 2 litres a day)

Functions

Vital for health, helps the body bind and excrete bile which eliminate toxins and carcinogens, keeps the bowels healthy, helps constipation, lowers cholesterol, regulates appetite, regulates blood sugar, reduces the risk of bowel cancer, hormone imbalances, diabetes and cardiovascular disease.

Contraindications

Fibre not good with inflamed bowel disease, gastrointestinal surgery, ulcers or colitis.

Compare the fibre content between whole foods and processed foods.	
Food	g fibre per 100g food
White bread	2.3
Whole grain	5.0
White rice	0.5
Brown rice	1.7
Apple juice	0.1
Apple w/skin	2.2
Cornflakes	2.2
Porridge	5.0
Crisps	4.8
Rye crisp bread	16.2
Spaghetti, white	2.4
Spaghetti, whole-wheat	11.8