

BETA-GLUCAN & CELLULOSE:



[THE MANY FACES OF FIBRE]

Its Goodness

Beta-glucan and cellulose are two of the main forms fibre takes in the diet. Beta-glucan is more commonly known as soluble fibre and cellulose as insoluble fibre. Both types of fibre have major health benefits. Soluble fibre absorbs water in your digestive system and forms a gel. This gel traps bad cholesterol and helps your blood sugar stay more consistent after eating. Insoluble fibre adds bulk and so helps your digestive system excrete waste and also regulates the pH of in you intestines. It helps to decrease constipation and remove toxic waste from body faster. Fibre has been linked with lowering the risk of some diseases. These include diverticulosis, some cancers, obesity, cardiovascular disease, and hemorrhoids.

What to Eat

SOLUBLE FIBRE	INSOLUBLE FIBRE
Legumes	Wheat
Barley	Corn
Oats	Oat Bran
Chia Seeds	Nuts
Oranges, Carrots, eggplant & apples	Flaxseed
Psyllium	Skins of Fruits and Vegetables

How much to Eat

Age Group	Daily Amount
1-3 yrs	19 g
4-8 yrs	25 g
Males 9-13 yrs	31 g
Males 14-50 yrs	38 g
Males 51 +	30 g
Females 9-18 yrs	26 g
Females 19-50 yrs	25 g
Females 51 +	21 g

It is important to drink plenty of water when increasing your fibre intake. This will help avoid gas and bloating that can happen when increasing fibre.

TIPS TO ↑ FIBRE

- ✓ Replace white breads, pastas and rice with whole wheat
- ✓ Look for 2+ grams of fibre when reading food labels
- ✓ Choose whole fruits and veggies over juices
- ✓ Add a salad as a side to your meals
- ✓ Have veggies and hummus as a snack
- ✓ Add nuts or berries to porridge or yogurt for breakfast or a snack
- ✓ Add lentils, beans or chickpeas to casseroles, soups and salads

