HealthMap
Gut Health Professionals

Fibre, what is it good for?

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FIBRE

WHY IS IT IMPORTANT FOR GOOD GUT HEALTH?

Dietary fibre, is the edible parts of plants or other foods (e.g. nuts and grains). Dietary fibre is good for a healthy gut and a healthy you! Dietary fibre is thought to provide a No. of health-related effects such as the potential to reduce the risk of coronary heart disease, stroke, hypertension, diabetes, obesity and to aid with certain gastrointestinal disorders.

How does fibre affect your gut bugs?
Fibre can help bulk up your No. 2's and help with constipation as it absorbs water and may reduce the risk of colon disease as it can improve your regularity.

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Fibre can also improve the viscosity of your No. 2's which can help reduce the absorption of cholesterol and other nutrients that are not good for your health.

Viscous fibre can reduce the absorption of cholesterol, slow down the travelling time of nutrients in your gut and help reduce your blood sugar levels after eating.

Different types of fibre and how much do I need?
In Australia, it is recommended that women have 25g and men 30g per day of fibre. Let's look at the different types of fibre.

Insoluble fibre, what is it and why is it important?
Insoluble fibre is that tough parts of plants that like the skins of fruit and vegetables, wheat bran, corn bran, nuts, seeds and wholegrain foods. Insoluble fibre doesn't dissolve in water. Insoluble fibre adds bulk to your No. 2's and prevents constipation. There is only a small % of this fibre that is fermented in your large intestine.

Soluble fibre, what is it and why is it important?
Soluble fiber is also found in plants and is often found along with insoluble fibre. Soluble fibre does dissolve in water. Soluble fibre has a major role in lowering 'bad' cholesterol or LDL.

You can find good sources of soluble fibre in many different fruit and vegetables, oat bran, barley, dried beans, psyllium, lentils, peas and soy products.

INSOLUBLE FIBRE

SOLUBLE FIBRE

RESISTANT STARCH

Resistant Starch, what is it and how much do I need?

What foods contain resistance starch?

Most starchy foods have 5% or less resistant starch (see table below), but some foods have higher natural levels. The levels of resistant starch can be increased by cooking and cooling foods like potato, rice and pasta.

Food	% resistant starch g/100g
Beans, lentils, sweet corn	2 - 5
Crispbread, crackers	2 - 4
Banana, ripe	2
Cooked potato, hot	1 - 1.5
Cooked potato, cooled	2 - 4
Breakfast cereals	0.5 - 3
Breads & biscuits	0.5 - 2
Rice, pasta	1
Peas, baked beans	1

Adapted from FOODWATCH
https://foodwatch.com.au/tag/resistant%20starch.html

What are some strategies I could use to increase my fibre intake?

-Eat a high-fibre breakfast cereal.
-Add a few tablespoons of unprocessed bran or psyllium husks to cereal, soups, casseroles, yoghurt, smoothies, dessert and biscuit recipes.
-Add nuts, dried fruits and seeds to cereals.
-Eat wholegrain breads.
-Eat fruit and vegetable skins, don't peel them.
-Snack on fruit, nuts, and seeds.
-Read food labels and choose foods that are higher in fibre.
-Add legumes and lentils to soups, casseroles and salads.
-Eat legume or lentil-based dishes a few nights a week, for example falafels, chickpea salad, dhal or lentil soup.
-Eat fruit instead of drinking fruit juice or soft drink.

References

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