

# fibre

**Fibre** is a naturally occurring part of a diet high in fruit, vegetables, lentils, beans, whole grains and grain products. Eating a high-fibre diet can help in the prevention of cancer, diabetes, heart disease and diverticular disease. Insoluble fibre may give protection against breast cancer because it removes oestrogen-like substances from the body and prevents them being absorbed into the bloodstream. Additionally those who follow a high fibre diet are less likely to suffer from constipation. The ideal intake of fibre for adults is 30g a day.

Fibre is indigestible carbohydrate. There are two main types of fibre:

**Insoluble fibre** promotes regular bowel movements by giving bulk to the faeces. Good sources of insoluble fibre include fruits, vegetables, nuts and seeds.

**Soluble fibre** helps to slow the rate of digestion of digestible carbohydrates and thus regulate blood glucose levels. Soluble fibre can also decrease the absorption of dietary cholesterol in the bowel. Good sources of soluble fibre include fruit, vegetables, oats, beans, flaxseed and psyllium.

The main role of fibre is to keep the digestive system healthy. Fibre also slows down the rate of digestion of food, leading to a more gradual emptying of the food from the stomach into the small intestine. This means that there is less likelihood of large quantities of glucose being absorbed rapidly into the bloodstream, with a consequent surge of insulin. Choosing to eat slow energy release (low glycaemic index), high soluble fibre foods, can help to control appetite and maintain a healthy body weight.

Food processing often removes fibre from grains, for example in the manufacture of breakfast cereals, so it is better to choose less processed grain foods. This is why the Quick Loss program is based around low glycaemic index, natural, unprocessed foods. Fruit and vegetables which are an integral part of your meals on Quick Loss are great sources of dietary fibre, helping to ensure your program has plentiful amounts.

**Tip** Eat your apple a day (or pear) with the skin on to ensure you get the most fibre.

**Remember** - Fruit and vegetable juices are **not** good sources of fibre.

**References** <http://www.woolworths.com.au> <http://www.formulaforlife.com.au> SSATFibre220405V1.0

