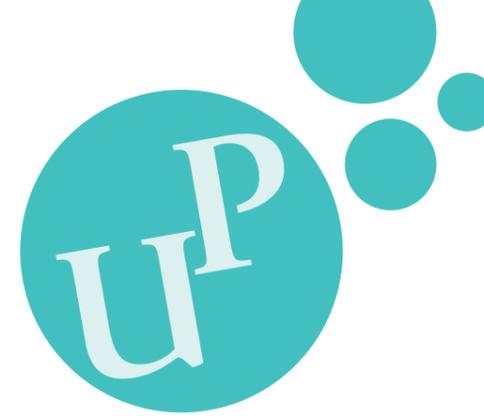


Fibre



Dietary fibre is plant material that cannot be digested by our digestive system. It is also extremely important for promoting normal bowel function. Your diet should contain 20-30 grams of dietary fibre each day.

Numerous scientific studies have demonstrated that dietary fibre also helps to reduce your NCD risks in many ways.

Discover Your Fibre Sources

Get the Most from LEGUMES

Legumes like peas, lentils, and beans are the best source of dietary fibre. They are also a great source of protein. Did you know that one cup of chickpeas (164g) provides 12.5g of fibre? That's 50% of your daily-recommended intake. Here are some ideas on how you can add them to your diet:

- Take chickpeas as your afternoon snack or add them to your salads.
- Add beans, green peas, or lentils (dhal) to soups, stews, curries, and casseroles.

It is recommended to consume ½ – 1 serving* a day for legumes (approximately 1 cup).

Go WHOLE Grains!!

Nowadays, most of us tend to consume polished or refined grains instead of wholegrain products. What many of us fail to realise is that in polishing or refining the whole grains,

many of its nutrients are lost, including fibre! A good example is that brown rice gives you 8 times more fibre than white rice. That's why you should aim to ensure that half of your intake of grains is derived from whole grains/wholegrain products (approx. at least 2 servings*/day).

It's not as difficult as you may think! Brown rice, whole rolled oats, corn, wholegrain breads, wholegrain cereals, whole wheat/wholegrain crackers, are examples of foods that have the wholesome benefits of whole grains.

Fruits and veggies – simply 'Fi-brant'

It's widely known that fruits and vegetables are "good for you". However, many people, especially children, do not consume enough of these. Other than fibre, fruits and vegetables also contain vitamins, complex carbohydrates, minerals, and phytochemicals which have antioxidant properties believed to fight certain NCDs.

Guava, apple, and pear (if eaten with their skin) are examples of fruits that have higher fibre content. One cup of guava (164g) gives you about 8g of fibre! Vegetables, especially leguminous types (French beans, four-angled beans, snow peas), and other vegetables with stem, provide you with fibre too. One cup of broccoli (150g) contains 5.2g of fibre! Therefore, don't forget to take at least 2 servings of fruits* & 3 servings of vegetables* daily.

Start small

Want to start but don't know how? It's easy! You don't need to make drastic changes. Just gradually ease into things, and you'll be on your way to a healthier you in no time! As long as you take your legumes, wholegrain products, fruits, and vegetables daily, it is not impossible to reach the recommended intake. Here are some tips to help you get started:

- It's important to start your day right; have some wholemeal bread, whole oats, or wholegrain cereal for breakfast.
- Go for brown rice or wholegrain pasta for your lunch or dinner. Start by replacing half of non-wholegrain foods with whole grain versions.
- Feel like having a snack? Have one serving of fresh fruit or legumes instead.
- Thirsty for fruit juices/concentrates? Go natural! Eat more whole unpeeled fruits instead.
- Want to make a great tasting soup/gravy that's healthy as well? Add whole grains, such as oats or wholemeal flour to thicken soups and gravies instead of using corn flour.

Keep in Mind:

When you increase your intake of dietary fibre, do it gradually to avoid gastric distress, and drink plenty of fluid (8 glasses per day) to avoid stomach discomfort.

* Refer to pages 28-29 for more information on serving sizes.



More Fibre Goodness

- Facilitates the smooth functioning of the digestion process. This helps reduce constipation and indirectly **reduces the risk of colon cancer**.
- Aids in **stabilising blood glucose levels**. Dietary fibre helps slow down the absorption of glucose in the small intestine, thereby helping to reduce the risk of Type 2 Diabetes Mellitus.
- **Lowers blood cholesterol levels**. Fibre (especially beta-glucan) which is found in oats and barley, helps lower total blood cholesterol and LDL- cholesterol (bad cholesterol), thereby reducing the risk of heart disease.
- **Helps in weight management**. High-fibre diet causes you to feel full faster and for a longer period of time. This will help to avoid eating too much at once and eat lesser throughout the day. A high-fibre diet is also generally lower in calories.