

FACTS ABOUT FIBRE



Dietary fibre includes plant substances that are not digested by the human gut. There are 2 types of fibre - insoluble and soluble.

Insoluble fibre in the diet promotes more regular bowel movements and softer stools, thereby relieving constipation. A meal high in insoluble fibre provides bulk and makes an individual feel full for longer periods. As such, it helps to control hunger and aids in weight loss.

Soluble fibre, such as those in oat products, vegetables and dried beans, has been shown to reduce total and LDL cholesterol, the "bad" cholesterol.

Most Singaporeans do not eat enough dietary fibre. It is recommended that each person should consume 2 servings of fruit and 2 servings of vegetables daily, plus another serving of wholegrain food to get 20-25 grams of fibre a day. Just consuming 2 slices of **Gardenia Nutri Multi-Grain** will give you 5g of fibre - one-fifth of your daily allowance of fibre for the day.

Several research studies have consistently shown that a diet rich in whole grains, fruit and vegetables reduces the risk of developing cancer.