

THE IMPORTANCE OF FIBRE

TO LOSE WEIGHT OR BODY FAT YOU NEED TO BE IN A CALORIE DEFICIT - IN VS OUT IS THE PRIORITY

HOWEVER HAVING A DIET RICH IN DIETARY FIBRE CAN AID THE PROCESS, MAKING IT MORE EFFECTIVE AND EFFICIENT

TAKE A LOOK AT THE BIG BENEFITS FIBRE HAS TO OFFER -

1

IT KEEPS YOU FULLER FOR LONGER, HELPING YOU ELIMINATE CRAVINGS

2

HELPS AID DIGESTION, KEEPING YOUR BOWEL MOVEMENTS REGULAR. FIBRE ALSO AIDS YOUR INTESTINES TO DIGEST YOUR FOOD

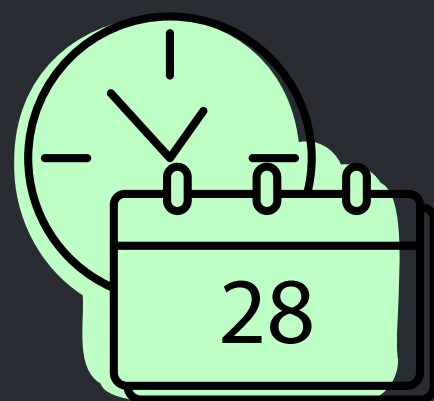
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FIBRE-RICH DIET HAS BEEN SHOWN TO REDUCE THE RISK OF CARDIOVASCULAR DISEASE AND IMPROVES YOUR OVERALL HEALTH



HOW MUCH?
THE RECOMMENDATION IS TO HIT 20-25 GRAMS OF DIETARY FIBRE DAILY

WHEN SHOULD I EAT IT?
LOOK TO GET FIBRE INTO EACH MEAL THROUGHOUT THE DAY. AIM TO GET 8-10 GRAMS OF FIBRE INTO EACH OF THESE MEALS



WHERE SHOULD I GET FIBRE FROM?
USING WHOLE FOODS TO REACH YOUR FIBRE GOALS IS THE MOST EFFECTIVE WAY TO GET FIBRE. WHOLEFOOD ARE NOT ONLY PACKED WITH FIBRE BUT VITAMINS AND MINERALS TOO. ADD THESE WHOLEFOODS TO YOUR DAILY TO UP YOUR FIBRE INTAKE -

- APPLE (2.5G)
- PEARS (3G)
- RASPBERRIES (7G IN 100G)
- AVOCADO (10G)
- NUTS (7G IN 100G)
- OATS (10G IN 100G)