



### **Are you getting enough fibre in your diet??**

Dietary fibre is the indigestible part of plants that passes relatively unchanged through the digestive system. The main role of fibre is to keep the digestive system healthy. However, it also contributes to other processes such as stabilizing blood sugar levels and reducing blood cholesterol levels. A high fibre diet can assist with control also because high fibre foods can be low in calories and tend to be filling.

Recommendations for dietary fibre are 25g a day for women and 30g a day for men. Lift your daily fibre intake in these tasty ways:

1. Enjoy a cup of raspberries on your breakfast and score a juicy 8.5g of fibre
2. Crunch on a pear for morning tea for 6g of fibre
3. Swap your wholemeal sandwich for a wholegrain one and increase your fibre intake by 7-8g
4. Replace a cup of cooked rice with barley for an extra 6g of fibre

***VIS Sports Dietitian, Kylie Andrew***