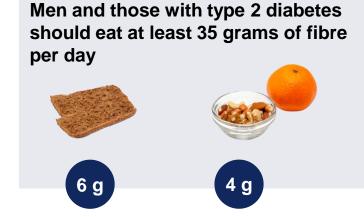
Are you getting enough fibre?



Women should eat at least 25 grams of fibre per day







The Wellbeing Services County of Pirkanmaa

What is fibre good for?

- Balances the increase in blood sugar level after a meal
- Increases the feeling of satiation
- Supports normal fat and sugar metabolism
- Promotes bowel action
- Has a positive effect on gut flora
- Reduces the risk of colon and rectal cancer.

