

Are you getting enough fibre?



Women should eat at least 25 grams of fibre per day



5 g



6 g



3 g



3 g



3 g



3 g



2 g



Men and those with type 2 diabetes should eat at least 35 grams of fibre per day



6 g



4 g

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