

Fibre is a type of carbohydrate. It is the indigestible part of plant foods, which passes unchanged through our digestive system reaching the large intestine mostly intact. Our bodies can't use fibre for fuel, so it provides only minimal calories, but it plays a very important role in a healthy diet.

Why is fibre so important?

In the past fibre was thought to be important because it kept us 'regular'. We now know that fibre does so much more. Different fibre types have distinct health benefits, so it is important to include a variety of high fibre foods in our diet. Some of the many health benefits include:

- **Maintaining normal bowel function**
- **Reducing the risk of bowel cancer**
- **Maintaining a healthy gut microbiome**
- **Blood sugar control**
- **Cholesterol control**
- **Weight management**

What are the best sources of fibre?

Grain foods (especially wholegrains) such as bread and pasta, legumes, vegetables, fruit, nuts and seeds all contain dietary fibre. Wholegrains and legumes are generally higher in fibre than vegetables and fruit. However, all are good sources of dietary fibre and they also contain other important nutrients.

At Pulse Dietetics, we understand that many people, especially those with medical conditions such as diverticulitis, inflammatory bowel disease or irritable bowel syndrome may be nervous about adding additional fibre into their diet. At Pulse, we work closely with these clients to educate and empower them to make choices that help enhance their health and allay their fears.

For a deeper dive on this month's Hot Topic, including a more detailed look at the different types of fibre, the health benefits of fibre and simple tips to increase fibre intake, please visit our website.