

GUT & MECHANIC

GUT & DIGESTIVE HEALTH CARE



All About Fibre

Fibre is vital for gut health

Here's some information to help you ensure you are consuming adequate fibre to support good gut health.



Daily Fibre Intake

Suggested Daily Target



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Fibre-rich Meal Example

Protein

Meat, fish, eggs, tofu or other plant-based protein.

High-fibre carbohydrates

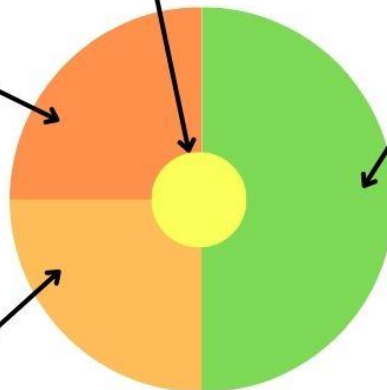
Minimally processed wholegrains, legumes & starchy vegetables.

Healthy fats

Avocado, nuts, seeds, extra virgin olive oil, oily fish, eggs & olives.

Vegetables

Broad range of minimally processed brightly-coloured non-starchy vegetables. Don't forget to add in nuts & seeds, herbs & spices or fruit to boost flavour & nutrition.



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What does 1 serve of veg look like?

1/2 cup



or approx. 75 grams

**1 medium
tomato or
1/2 medium
sweet potato**



**1 cup
leafy greens or
salad veg**



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What does 1 serve of fruit look like?

1 medium



or approx. 150 grams

2 small



1 cup



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Soluble Fibres



Inulin-type fructans

Fructo-oligosaccharides,
galacto-oligosaccharides &
xylo-oligosaccharides



Pectins

Found in the flesh & skin of
fruits & veg such as apples,
citrus, pear, kiwi & carrots

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Soluble Fibres



Beta glucans

Found in the cell walls of
wholegrains, mushrooms
& seaweed



Gums

Found in guar beans &
seaweed

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Insoluble Fibres



Resistant Starch

Type 1 in wholegrains, type 2 in raw foods & type 3 is formed during cooling



Chitin

Found in mushrooms, fungi & crustacean shells.



Which foods are high in fibre?

Food	Serving size	Fibre content
Wholemeal pasta	1 cup	7.9g
Carrot (unpeeled)	1 cup	6.9g
Kidney beans	100g	6.5g
Corn	1 medium cob	5.9g
Rolled oats	1/2 cup	4.5g
Wholemeal biscuit	2 biscuits	4.2g
Broccoli (unpeeled)	1 cup	3.8g
Lentils	100g	3.7g
Sweet potato (unpeeled)	1 cup	3.7g
Brown rice	1 cup	2.7g
Almond	30g (25 almonds)	3.0g
Dried apricot	30g (5 dried apricots)	2.5g
Wholegrain bread	1 slice	2.4g
Banana	1 medium	2.3g
Apple	1 medium	2.2g
Psyllium husk	1 tablespoon	2.2g
Popcorn (air popped)	1 cup	1.2g



5 Fast Fibre Fixes

Easy ways to boost your daily fibre intake

1. Choose wholegrain or pulse pasta instead of white pasta



2. Add fruit, nuts and seeds to salads, smoothies, yoghurt or porridge



3. Replace meat with plant-based protein (e.g. tofu, tempeh, legumes, whole grains) a few times a week



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5 Fast Fibre Fixes

Easy ways to boost your daily fibre intake

4. Keep mixed frozen vegetables and tinned legumes on hand and add to casseroles, soups, sauces, stews, stir-fries and curries



5. Swap regular bread for wholegrain sourdough rye bread varieties



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Eat a rainbow of fruit & veg every week!



Choose foods with colourful skin and flesh!

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***Aim to consume 5 serves of vegetables
and 2 serves of fruit per day,
and ideally 30+ different fruits, vegetables,
nuts, seeds and herbs each week
to optimise gut health and
support microbiome diversity.***