

Digestive Balance Healthy Gut

Fibre feeds the good bugs and promotes positive gut balance

Do you sometimes feel like your digestive system needs a reboot?

It's normal to feel uncomfortable and experience some gut disturbances from time to time. One thing that can help is eating more fibre. Not eating enough can affect the balance within your digestive system.

How does fibre help to balance my digestive system?

Fibre is one of the most essential nutrients for gut health. And no, it's not just about going to the toilet, although being regular is a great benefit. Fibre is the perfect food source for the good bacteria living in your intestine, helping them to grow and thrive. A healthy level of good bugs promotes balance in your gut environment (the microbiome). Young and old, male and female - everyone needs to look after their tiny passengers!

How much fibre do I need?¹

Adults: 25 -30 grams per day

Children: 14-18 grams per day (ages 1-8 years)
20-28 grams per day (ages 9-18 years)

How much fibre is in common foods?

1 medium apple	3g
1 cup broccoli	3g
½ cup high fibre bran cereal	13g
2 slices wholemeal bread	4g
1 bowl oats	4g
½ cup lentils	4g
Handful of almonds	2g



That sounds like a lot of fibre, how can I do it?

It's actually easy. Fibre comes from plant foods, so having a few more of these will do the trick.

Getting a balance of fibres from vegetables, fruit, grains, nuts, seeds, legumes (that's beans and chickpeas) and pulses (lentils) is the perfect way to get all the benefits.

Why do I need a balance of fibres? Can't I just focus on one?

All plant foods contain a combination of different fibres and there are three main types.

Soluble fibre: helps to control cholesterol and blood sugar levels. You find this type in fruit, vegetables and grains such as oats and barley. It can also be found in psyllium, legumes and seeds.

Insoluble fibre: these fibres move all the way down to the colon where they help to make your stool heavier and easier to pass. In other words, they help you go to the toilet. You find this type in the bran of grains and in fruit and vegetable skins.

Fermentable fibre: these fibres feed the good bugs in the intestine, which helps to keep a balanced digestive system and produce compounds that protect your bowel. You find this type of fibre in grains, legumes (beans and chickpeas), cooked cold potatoes and onions.



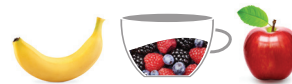
Kellogg's
Nutrition

How do I achieve good fibre balance?

Try to have these every day and you will have the balance just right.

- 2** serves of whole fruit, preferably with skin
- 5** serves of vegetables
- 4-6** serves of grains, preferably high fibre or whole grain
- 1** serve of nuts or legumes

Eat the above, together with a diet containing lean protein, some dairy and healthy fats. Don't forget to drink water too.



1 serve = 1 medium banana, ½ cup berries, 1 medium apple



1 serve = ½ cup of cooked vegetables,
1 cup of salad greens, 1 medium carrot



1 serve = ⅔ cup of breakfast cereal, ½ cup of cooked porridge,
½ cup of brown rice, 1 slice wholemeal bread



1 serve = ½ cup of cooked legumes, small handful of nuts

Did you know that there are nearly 2kg of tiny bugs living in your intestine?

Most of these bugs keep us healthy, others can cause trouble. So it's in our best interest to make sure we have plenty more of the good ones and less of the bad.

We can add more good bacteria by eating foods rich in probiotics (living bacteria) such as yoghurt and fermented foods.

Once inside, these good bacteria need to be fed in order to survive. Fibre from grains is one of the best food sources for your good bugs.

Well fed bugs produce compounds that can help support immunity, protect against cancers in the bowel, regulate nutrient metabolism and reduce inflammation in the body^{2,3,4}. There is also emerging evidence that these compounds can help to regulate weight⁵.



Which grain foods contain fibres that feed the good bugs?

- Fibre or whole grain breakfast cereal
- Wholemeal bread or grainy breads
- Hi-Fibre white bread
- Oats
- Whole wheat flour
- Whole barley, quinoa, buckwheat and sorghum
- Corn
- Spelt flour

Other foods with fermentable fibres are...

Beans and legumes | Lentils | Apples | Cold or reheated cooked rice | Cooked cold potatoes | Green bananas | Onions

Weekly Happy Gut Shopping List

- ☐ 1 box fibre or whole grain cereal
- ☐ 1 loaf wholemeal bread
- ☐ 1 loaf Hi-Fibre white bread
- ☐ 1 bag oats
- ☐ 2 tins chickpeas or 3-Bean mix
- ☐ 1 bag lentils
- ☐ 1 bag potatoes
- ☐ 1 bag fresh apples
- ☐ 1 bag rice
- ☐ 1 bunch unripe bananas
- ☐ 3-4 large onions

A healthy microbiome comes from a diverse diet, rich in grain fibre.
So go with the grain every day.

1 Nutrient Reference Values, 2006.
2 Hamer et al. Alimentary Pharmacol Therapeutics. 2008; 27(2):104-119
3 Den Besten et al. J Lipid Res. 2013; 54(9): 2325-2340
4 Kim et al. Immune Netw. 2014; 14(6): 277-288
5 Rios-Covián et al. Front Microbiol. 2016 doi: 10.3389/fmicb.2016.00185

These fact sheets are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.