

Fibre; Our Internal Vacuum Cleaner






Brown rice, fruits with edible seeds, oats, wholegrain breads and cereals all these foods are fantastic for pushing through waste and improving the digestion of nutrients in our digestive tract.





Fibre is also linked to the **prevention of diseases of the bowel** and in fighting oxidative stress and **helps remove toxins** from the body via regular bowel movements.

The recommended **daily intake** of fibre is **30g**, which to be effective must be **consumed with six to eight glasses of water** every day.

EXAMPLE PORTION SIZES

-  One portion of boiled wholemeal spaghetti (220g) contains 7.7g of fibre.
-  One bowl of Bran flakes (30g) contains 4.5g of fibre.
-  One orange (160g) provides 2.7g of fibre.

PUTTING ADVICE INTO ACTION

-  Make it easier to include fibre in your diet by stocking your pantry with staples made from whole grains such as cereals, oats, brown rice, rye and whole-wheat crackers and breads.
-  Finish a meal off with some citrus fruit or include this as part of your mid-morning snack or lunch.
-  Oats have never been fully appreciated for their great worth. They contain both soluble and insoluble fibre, are cheap, easy to prepare and delicious when eaten with a fresh sliced banana and maple syrup.
-  Cut down on your use of white bread or replace it with a wholegrain or wholemeal variety.

May your insides be clean and serene!