



How to Feed your

GOOD GUT BACTERIA

by Jana Bhunjun

FIBRE

Fibre is **a type of carbohydrate found naturally in plant foods** like wholegrains, beans, nuts, fruit and vegetables and is sometimes added to foods or drinks

Fibre helps to keep our digestive system healthy and helps to prevent constipation

There are many different kinds of fibre, and they have different effects on our body. Some types influence how quickly food moves through our gut, adding bulk to stools and 'keeping you regular', some can impact our blood cholesterol and how quickly we absorb sugar from foods and drinks, and some can influence the types and amounts of bacteria in our gut.

Fibre found in foods like wheat, oats, beans, pulses, fruit and vegetables such as garlic and onions provide 'food' for 'good' gut bacteria, allowing them to grow in number and produce substances that are thought to have beneficial effects on health.



You can find more information in my Facebook Group - Nuts about Guts or follow me on Instagram @nutsaboutgutsjana