

# WHOLE GRAIN FIBRE: YOUR GUT-LOVING FRIEND

## What is fibre?

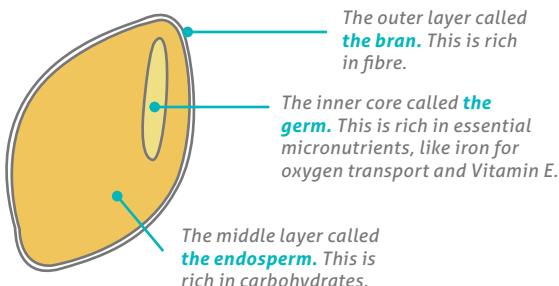
Fibre is a health hero for your gut. It's the indigestible component of plant foods that passes through your digestive system – and provides a raft of health benefits along the way! Not only does fibre keep you regular, it can help to keep you feeling energised by balancing your blood sugars. What's more, fibre has a fullness factor, so if you eat a lot of it, it'll keep pesky hunger pangs at bay. You'll find fibre in plant foods like grains, fruit, vegetables, legumes, nuts and seeds.

Adults need  
25-30g fibre  
per day



## Why is grain fibre important?

### Grains contain three distinct layers:



Whole grains, like rolled oats and brown rice, contain all three layers of the grain. Refined grains like white bread and white rice, on the other hand, only contain the endosperm.

With good health in mind, it's wise to choose whole grains most of the time. Not only do they contain more fibre than their refined grain equivalents, they're also more nutritious and there's a raft of scientific evidence proving just how good for you they are. Eating a variety of wholegrains is important to ensure different types of fibres like prebiotics are included in your diet to support gut health as they play different roles. For example, fueling a diverse healthy gut microbiome.

## How grain foods can help you meet your daily fibre intake (25 - 30g)

### Breakfast Cereal

Puffed rice cereal  
0.9g fibre per cup



### Bread/Crackers

Rice crackers  
0.3g fibre per 10 crackers



### Grains

White rice<sup>\*</sup>  
0.8g fibre per ½ cup cooked



### Pasta/Noodles

Vermicelli noodles  
0.6g fibre per ½ cup cooked



### Mixed grain cereal flakes

1.1g fibre per ½ cup



### White bread

1g fibre per slice



### Couscous

1.5g fibre per ½ cup cooked



### Soba noodles

1g fibre per ½ cup cooked



### Whole wheat cereal flakes

3.8g fibre per ½ cup



### Gluten free mixed grain bread<sup>\*</sup>

2.4g fibre per slice



### Brown rice<sup>\*</sup>

1.4g fibre per ½ cup cooked



### Instant noodles

1.5g fibre per ½ cup cooked



### Wheat bran flakes

5.4g fibre per cup



### Wholegrain crispbreads

2.5g fibre per 3 crispbreads



### Quinoa<sup>\*</sup>

2.8g fibre per ½ cup cooked



### White pasta

1.6g fibre per ½ cup cooked



### Natural muesli

7g fibre per ½ cup



### Brown grainy bread

3.4g fibre per slice



### Rolled oats

3.9g fibre per ½ cup uncooked



### Wholemeal pasta

4.4g fibre per ½ cup cooked



## And what if you're on a gluten free diet?

Gluten is the natural protein found in wheat, rye, barley and oats. Some people are sensitive or intolerant to gluten and as a result, they need to avoid it in their diet. The good news is, if you do need to avoid gluten, there are plenty of high fibre foods you can still pop on your plate like fruit, vegetables, legumes, nuts and seeds, as well as gluten free grains, indicated by an asterisk (\*) on the table beside.