

Fibre Facts

Fibre is an essential part of our diet and helps to maintain a healthy digestive system. The following facts will explain the benefits of correct fibre intake.

Did you know that...

- Soluble & Insoluble fibre (from oats, rye, fruit, vegetables, seeds, nuts & pulses) helps to slow the absorption of glucose, regulate insulin levels and prevent blood sugar highs & lows.
- A meal rich in fibre is more filling and will help to control your appetite.
- Fibre speeds the passage of waste material from your body, absorbing toxins along the way.
- Fibre provides food for the 'friendly bacteria' in the colon, which in return make various essential vitamins.
- Fibre helps to maintain a healthy digestive system, which in turn can help to improve skin texture & tone, promote shiny hair, strong nails and a leaner, slimmer shape.
- The Guideline Daily Amount (GDA) is 24g of fibre each day. The average person has an intake of just 17g!

So how can you increase your fibre intake.....

- Choose wholegrain cereals, pasta & flour, wholemeal breads, brown or wild rice. These are unrefined. All white versions have had most of the fibre removed!
- Add fruit, nuts & seeds to your breakfast and salad lunches.
- Boost your evening meal with 1 or 2 extra vegetables or a side salad.
- Swap sweet, starchy mid-morning or afternoon snacks for fruit or seeds.
- Swap boiled potatoes for jacket potatoes (and eat the skin!)
- Add lentils, bulgar wheat, brown rice & beans to stews & soups.
- Scrape, rather than peel vegetables as fibre is concentrated in their rind or peel.
- Steam your vegetables, rather than boil them to death! The crunchier the better!
- Avoid high sugar, high fat foods as they tend to slow and clog up your system.

Herbalife offers two excellent fibre supplement products to help you to improve your health:

- Florafibre is a powerful supplement designed to help replenish the good bacteria in the gut, by supplying millions of Lactobacillus acidophilus cells together with a special dietary fibre to restore & promote balance within your gut. Poor diet, illness, stress, lack of fibre, some medications and many other factors can deplete your friendly bacteria resulting in a weakened immune system and its subsequent consequences.
- Fibrebond is a supportive supplement, especially if you are on a weight loss programme. It cleverly combines dietary fibre & Sodium Choleate, which is designed to liquify & disperse dietary fats during digestion. Together they help to eliminate fat efficiently.

For more information, visit our [Online Ordering Site](#) . Remember....it is essential that you increase your water intake when you increase your fibre intake; they work together as a Team to keep your digestive tract moving!