

The Nervous System Reset™

Fibre: Why It Matters and Where to Find It

Dietary fibre is the part of plant foods that isn't fully digested. It is a type of carbohydrate found in vegetables, fruits, grains, legumes and beans. Fibre plays an important role in supporting healthy digestion and overall wellbeing.

Benefits of Fibre

Including enough fibre in your diet may:

- Support healthy digestion and regular bowel movements
 - Help you feel fuller for longer, which can support appetite control
 - Improve cholesterol levels and blood sugar regulation
 - Help reduce the risk of conditions such as type 2 diabetes, heart disease and bowel cancer
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How to Increase Fibre in Your Diet

Aim to include a wide variety of plant-based foods each day:

- Choose a variety of whole grains such as oats, barley, quinoa, buckwheat, brown rice and wholegrain bread
 - Aim for a variety of vegetables and fruit daily (e.g., around 2 serves of fruit and 5 serves of vegetables, depending on individual needs)
 - Select wholegrain, wholemeal or high-fibre versions of bread, pasta, rice and cereals where possible
 - Make vegetables a key part of meals, alongside a source of protein
 - Include legumes regularly, such as lentils, chickpeas and beans
 - Drink plenty of water, especially when increasing fibre intake
 - Rotate different grains and legumes to improve variety and nutrient intake
 - Gradually replace highly processed, low-fibre foods with wholegrain-rich alternatives
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High-Fibre Foods

Whole Grains & Starchy Foods

- Brown rice, basmati rice, quinoa, barley, buckwheat, millet, amaranth, polenta
- Wholegrain wheat, spelt or rye bread (including sourdough varieties made from these grains)
- Wholegrain pasta, spelt or buckwheat pasta
- Oats, wholegrain couscous
- Legumes such as lentils, chickpeas and peas
- Crackers such as wholegrain rice cakes, rye crispbread or spelt-based options



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Legumes & Pulses

- Beans: adzuki, black, borlotti, cannellini, fava, kidney, navy, pinto, soy, mung
 - Lentils: red, green, brown, yellow
 - Peas: split peas, black-eyed peas
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Fruit & Vegetables

Choose a wide variety, focusing on fresh and seasonal produce where possible.

Leafy greens & vegetables: spinach, kale, broccoli, cabbage, bok choy, silverbeet, zucchini, asparagus, green beans, celery

Other vegetables: carrot, beetroot, pumpkin, sweet potato, cauliflower, eggplant, mushrooms, onion, capsicum, tomato, cucumber, avocado

Fruit: apples, pears, bananas, citrus fruits, berries, stone fruit, watermelon, grapes, passionfruit, figs

Berries: blueberries, strawberries, raspberries, blackberries, cranberries

Fermented vegetables: sauerkraut

Nuts, Seeds & Healthy Fats

- Nuts: almonds, walnuts, cashews, pistachios, macadamias, Brazil nuts, peanuts
 - Seeds: chia, flax, sunflower, sesame, pumpkin (pepitas), hemp, poppy
 - Nut and seed butters: peanut butter, almond butter, tahini
 - Healthy fats: extra virgin olive oil, avocado, coconut, flaxseed oil, butter, ghee
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Final Tip

Increasing fibre is most effective when done gradually. Combine higher fibre foods with adequate fluid intake to support comfortable digestion.