



focus on fibre



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It's a well-known fact that fibre is a star in the food world. Not only does it keep you full, it also keeps everything moving.

Men and women should consume fibre everyday: 25g for women and 38g for men. You have probably heard of dietary fibre, but what about functional fibre?

DIETARY FIBRE VS FUNCTIONAL FIBRE

Dietary fibre (roughage) is the indigestible part of plant that pushes through our digestive system, absorbing water along the way helping to keep everything moving throughout our digestive system.

Found on their own or added to foods, functional fibres are manufactured or produced from plant and animal materials. This may sound alarming, but there is nothing to fear! Functional fibres are designed in a laboratory (thank you, science!) and have amazing health benefits that may outweigh the benefits of regular fibre.

FUNCTIONAL FIBRES TO CONSIDER

Inulin – This starchy substance comes from fibre found in wheat, leeks, artichokes, chicory roots, and asparagus.

Oligofructose – This is a subgroup of Inulin derived from chicory root. It is highly soluble with a sweet, pleasant flavour.

PolyGlycopleX® (PGX®) – PGX contains water-soluble plant fibres and claims to restore proper blood sugar levels, reduce appetite and prevent weight gain.

Psyllium – Beneficial to diabetics, this functional fibre comes from the husks of psyllium seeds. It's known to lower blood pressure and reduce inflammation.

Functional and soluble fibres may help control blood-sugar levels and hunger (to keep you feeling fuller for longer), may reduce bad cholesterol and improve good cholesterol, and may have prebiotic effects to help with digestion.

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