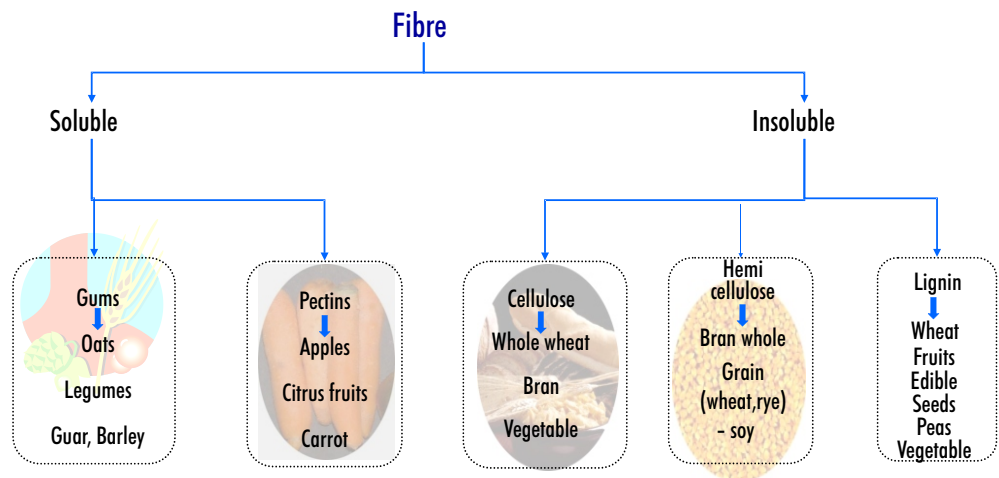


# Fibre ...



Healthy Habits , Healthy Life , Healthy India

**Dietary Fibre** is that part of food that is not digested by gut & is considered as unavailable carbohydrate. Soluble fibre is more effective in controlling blood sugar & serum lipids. Insoluble fibre prevents constipation and bowel cancer



## Benefits of fibre

- 1) Reduces weight.
- 2) Reduces blood sugar and serum lipids.
- 3) Prevents several benign G I disorders and colon cancer.
- 4) Maintains normal G I functions and relieves constipation.
- 5) Provides satiety in the diet.
- 6) A good source of vitamins and minerals.



## Healthy Options:

- Do not peel the skin of fruits like apples, pears etc.
- The skin and the outer layers of the edible portions of fruits contain more fibre. Do not throw the pulp of fruits like musambi, oranges etc. Eat the whole fruit
- Eat sprouts, Whole legumes (Rajma, chole, kala chana , soybean etc. ), husked dals ( Moong chilka, urad chilka etc. ) rather than dhuli dals.
- Do not sieve your wheat flour. Use bran ( Choker).
- Use brown bread rather than white bread.
- Add lots of vegetables to your idli, poha, upma, rice, dalia, noodles, macaroni, pastas etc to make your dish fibre rich.
- Eat green leafy vegetables and salads regularly.
- Use Methi ( seeds / powder ) in your diet.
- Use white oats rather than cornflakes for your breakfast.
- Eat whole wheat roti or stuffed roti's ( Palak, gobhi, muli ) rather than naan, roomali roti etc.