

Fibre

Body & health

The two kinds, what each does, and how much most people actually eat.

Soluble

- Dissolves into a gel
- Slows glucose absorption
- Lowers LDL cholesterol
- Oats, beans, apples, psyllium
- Feeds gut bacteria

Insoluble

- Does not dissolve
- Adds bulk, speeds transit
- Prevents constipation
- Wholegrains, bran, vegetable skins
- Not fermented

THE DIFFERENCE THAT MATTERS

Most fibre-rich foods contain both. Aim for 30 g a day from varied sources rather than a single supplement.

Increase fibre gradually and drink more water. A sudden increase without fluid makes constipation worse, not better.