Facts, Figures & Tips on Fibers

MIND THE FIBER GAP







Some fibres can play a key role in the intestinal transit

DIETARY FIBERS

WHAT ARE WE TALKING ABOUT?

Carbohydrates coming from plant foods that are not degraded by our digestive enzymes in the small intestine and arrive intact in our large intestine.

Codex ALINORM 09/32/26, Appendix II 2009 HOLSCHER, 2017; WILLIAMS et al, 2017

FOOD FOR OUR GUT BACTERIA

Some may be broken down and fermented by gut bacteria

GLOBALLY, WHY DO FIBERS MATTER?

DEPENDING ON DOSE AND TYPE, FIBERS MAY IMPACT:



GUT COMFORT



REGULATION OF APPETITE

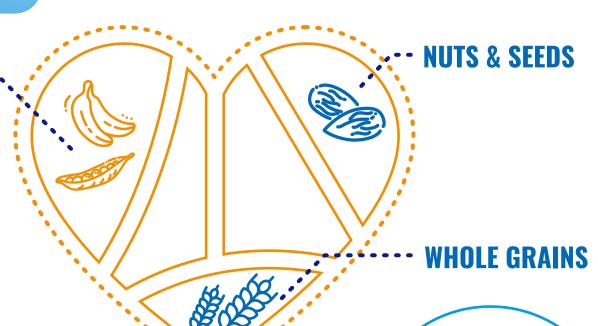


BLOOD GLUCOSE AND CHOLESTEROL CONCENTRATIONS

WHERE TO FIND THEM?

They are essential components of a varied and well-balanced diet, naturally present in:

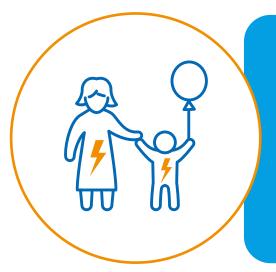
LEGUMES, ······.
FRUITS & VEGGIES





They can also be found in enriched foods like enriched yogurts, dairy drinks, plant-based options, enriched bread, cereals or flour

Dietary guidelines for Americans 2015-2020





ALL ACTORS OF OUR OWN HEALTH

Today we observe a fiber gap intake, that's to say a **fiber deficit in the diet of both adults and children**, linked with westernized diet in many countries.

Jones. 2014 - Edwards. 2015