

Facts, Figures & Tips For Diversity Of Fibers & Gut Microbiota

A DIVERSITY OF FIBERS IN OUR DIET

TIPS

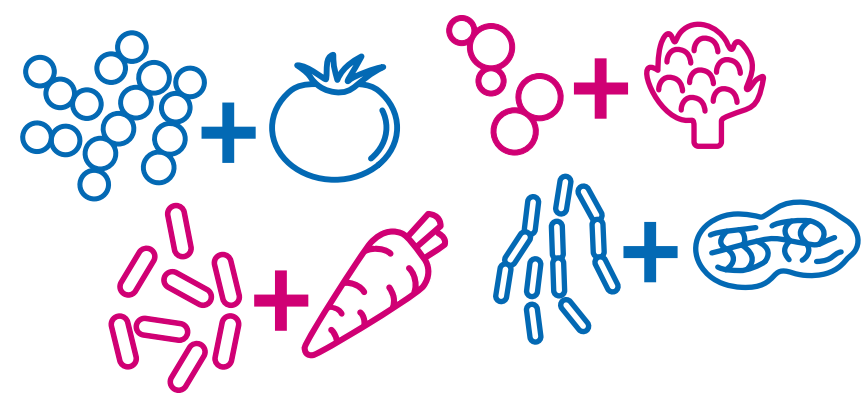
WHY IT MATTERS!

Getting a diversity of fibers can participate in:

1 BRIDGING OUR FIBER GAP



2 NOURISHING OUR DIFFERENT SPECIES OF GUT BACTERIA



DID YOU KNOW?

- ➔ Your gut microbiota and your health can benefit from a diversity of fibers.
- ➔ You can support them easily, by eating varied fiber-rich foods! And why not also add fiber-enriched products to your daily life.



ALL ACTORS OF OUR OWN HEALTH

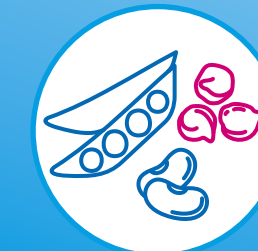
Here are some ways to add fibers to your day:



THE WAKE UP CALL!
Start your day with oat flakes



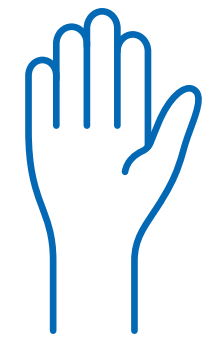
FEELING A LITTLE HUNGRY?
Snack on fruits or nuts



DURING YOUR MEALS
Incorporate more legumes and sometimes choose wholegrain over white bread

NEED AN EXTRA HAND?

It is still not always easy to eat all the fibers we need, despite all these tips. So to finish nailing it, how about including fiber enriched products to complete your diet?



An enriched yogurt that is a source of fibers provides at least 3g of fibers per 100g of yogurt!



10% of the 30g we should eat every day!