

## 30 Days of Power: Fibre Recommendations

Eat more fibre. You've probably heard it before. But do you know why fiber is so good for your health? Dietary fibre — found mainly in fruits, vegetables, and legumes — is probably best known for its ability to prevent or relieve constipation. But adequate fibre intake can provide other health benefits as well, such as maintaining a healthy weight and lowering your risk of diabetes and heart disease.

When you switch to a Paleo framework like The Tribal Plan, there should be a resultant increase in plant foods such as above ground vegetables, fruit and safe starches when compared to the modern western diet. This increase should see you moving towards the recommended fibre target of 50g a day.

### What is dietary fibre?

Dietary fibre, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fibre isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine and colon and out of your body.

Fiber is commonly classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve.

- **Soluble fibre.**

This type of fibre dissolves in water to form a gel-like material. It can help control blood cholesterol and glucose levels. The best Tribal approved sources of soluble fiber are flaxseeds, vegetables, fruit, gluten free oats, well prepared beans & legumes and psyllium husk.

- **Insoluble fibre.**

This type of fibre promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. The best Tribal approved sources of insoluble fiber are nuts, vegetables, such as cauliflower, green beans and potatoes and well-prepared beans.

Most plant-based foods, as listed above contain both soluble and insoluble fibre. However, the amount of each type varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods.

## What role does adequate fibre play?

A diet with adequate fibre has many benefits, which include:

- **Keeps you regular.**

Dietary fibre increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fibre may help to solidify the stool because it absorbs water and adds bulk to stool.

- **Helps maintain bowel health.**

A high-fibre diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Some fibre is fermented in the colon.

Researchers are looking at how this may play a role in preventing diseases of the colon.

- **Stabilises cholesterol levels.**

Soluble fibre found in gluten free oats and flaxseed may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Studies also have shown that high-fibre foods may have other heart-health benefits, such as reducing blood pressure and inflammation.

- **Helps control blood sugar levels.**

In people with diabetes, fibre — particularly soluble fiber — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing type-2 diabetes.

- **Aids in portion control.**

High-fibre foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. High-fibre foods tend to take longer to eat and to be less "energy dense".

Here's our Top Tips for Increasing Fibre in your diet. Introduce this increase gradually, a sudden increase from next to nothing to 50g may upset your stomach.

1. **Introduce ground flax seed.** Eat 2 tbsp of ground flax seeds a day. Sprinkle on your salads, over starches or vegetable dishes.
2. **Have Well-Prepared Beans.** Beans beat all other sources for fibre content. Dried beans and legumes, with the exceptions of black-eyed peas and lentils, require soaking in room-temperature water, a step that rehydrates them for more even cooking. Before soaking, pick through the beans, discarding any discolored or shriveled ones or any foreign matter. Depending on how much time you have, choose one of the following soaking methods:

**Long Soak.** In a stockpot, cover 1 pound dried beans with 10 cups water. Cover and

refrigerate for at least 4 hours or overnight.

**Quick Soak.** In a stockpot, bring 1 pound of dried beans and 10 cups of water to a boil. Cover and set aside and let beans soak for 1 to 4 hours at room temperature.

- 3. Load up on Vegetables.** Above ground vegetables should be making up 75% of your plate during lunch and your evening meal, with high-levels of antioxidants and protective phytochemical these are an absolute must in your daily diet.
- 4. Safe Grains.** Safe starches like quinoa and gluten free oats are a great source of fibre.
- 5. Choose fruit wisely.** When you have fruit, the lower sugar, higher fibre options are the very best choice, they include apples, pears and berries.
- 6. Go Nuts.** A couple of handfuls of walnuts, pecans, macadamia's or almonds each day.
- 7. Supplement Organic Psyllium Husk Daily.** In the 40 minutes before your largest 2 meals of the day take 1tsp of psyllium husk in 250ml of water, afterwards, sip slowly on a further 250ml of water.