



Dietary Fibre

Whole Grain Rice



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What is Dietary Fibre?

A type of carbohydrate that cannot be digested by our bodies' enzymes.

Health benefits:

- Helps lower blood cholesterol, glucose levels
- Helps maintain bowel health
- Aids in achieving healthy weight

Recommendation

- 25g to 30g of fibre per day

Dietary Source for Fibre



Fruits



Potato with skins



Pulses



Nuts & Seeds



Brown Rice



Vegetables

What Lunch with
10 GRAMS
OF FIBRE
Looks Like?

