



Hello,
I'm dietary fibre.

The Hot Knowledge of Nutrients

The Underappreciated Nutrient Essential for Health



Did you know?
Dietary fibre is not that ordinary.



Dietary fibre is the coarser and less easily chewed or digested part of plant-based foods, such as the skin of grains and fruits, vegetables, beans, etc.



Dietary fibre exists in two forms:

- I Soluble fibre:** in fruits, vegetables, beans and oats can help regulate blood sugar and cholesterol.
- II Insoluble fibre:** in whole grains, fruits, nuts, and seeds can help promote gut peristalsis and prevent constipation.



In 1991, the World Health Organization officially classified dietary fibre as the "**seventh essential nutrient.**"



Dietary fibre brings various health benefits to us.

01 Constipation reliever: promoting gut peristalsis

02 Blood sugar regulator: Regulating blood sugar levels

03 Fat scraper: Reducing calorie intake and regulating blood lipids

04 As probiotics: promoting the growth of probiotics and maintaining gut health



The intake of dietary fibre among citizens in our country is generally inadequate.

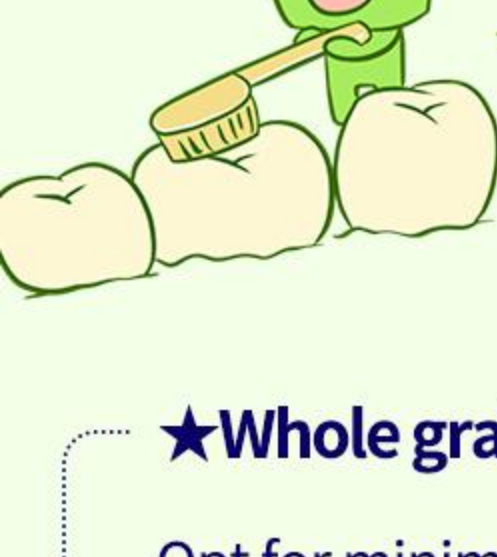
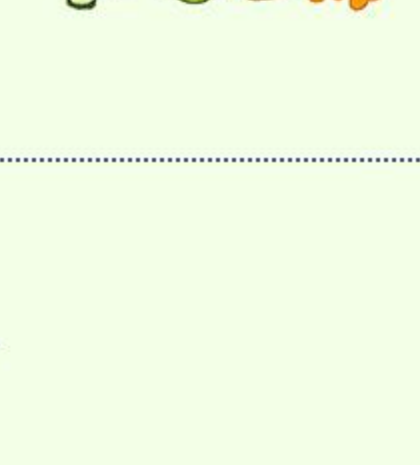
☉Recommended daily intake

* **25-30 grams** of dietary fibre per day to maintain optimal health.

* Source: the World Health Organization

☉Actual daily intake

10.7-16.1 grams of most people per day. **As low as 3 grams** in some regions!



Mastering the Art of Consuming High-Quality Dietary Fibre for Optimal Health

★Whole grains and legumes are essential

Opt for minimally processed whole grains and legumes instead of refined foods to ensure you get enough dietary fibre.

★Know how to eat fruits and vegetables

The skin of fruits and vegetables is rich in fibre. It is recommended to eat them unpeeled to maximize nutrient intake.

★Embrace a diverse diet

Consuming a diverse range of fibre-rich plant-based foods can effectively promote the diversity of our gut bacteria, thereby positively improving our overall health.

Ensure a daily intake of sufficient dietary fibre for better health



"Optimal Health with 7 Key Nutrients"