

Fibre

Fibre along with adequate protein intake each day supports appetite and helps to regulate hunger throughout the day which in turn will help to manage energy intake to support fat loss.



Fibre



Heart disease
Diabetes
Stroke
Some cancers

25g- 30g per day

We can support our fibre intake by consuming 5-7 portions of veg & Fruit each day. Aim to include 2-3 different colours in each of your main meals and 1-2 different colours in each snack.

