



# Fibre

## Foods High in Fibre

vegetables	fruit	beans
pulses	nuts	seeds
wholegrain cereals	wholegrain pasta	wholegrain bread

Fibre is plant-based and is not digested in the small intestine. It is an important part of our diet because it **keeps our digestive system healthy**, helping waste to move through it more quickly.

## Consequences of Imbalances in the Diet

A lack of fibre in the diet can cause constipation. A diet lacking in fibre has also been linked to some diseases such as bowel cancer.

