



# FIBRE

—REVISITED—

FIBRE INTAKES ACROSS EUROPE ARE WOEFULLY LOW, PUTTING HEALTH AT RISK

## HOW MUCH FIBRE DO WE EAT?

Less than **1 in 10** children & adults in the UK eat sufficient fibre for good health (<10%)<sup>2</sup>

Cereals and cereal products are the main source of fibre ranging from **38% to 44%** of intake across the age groups, followed by 'vegetables and potatoes' (21% to 32%) and 'fruit' (6% to 16%)<sup>2</sup>

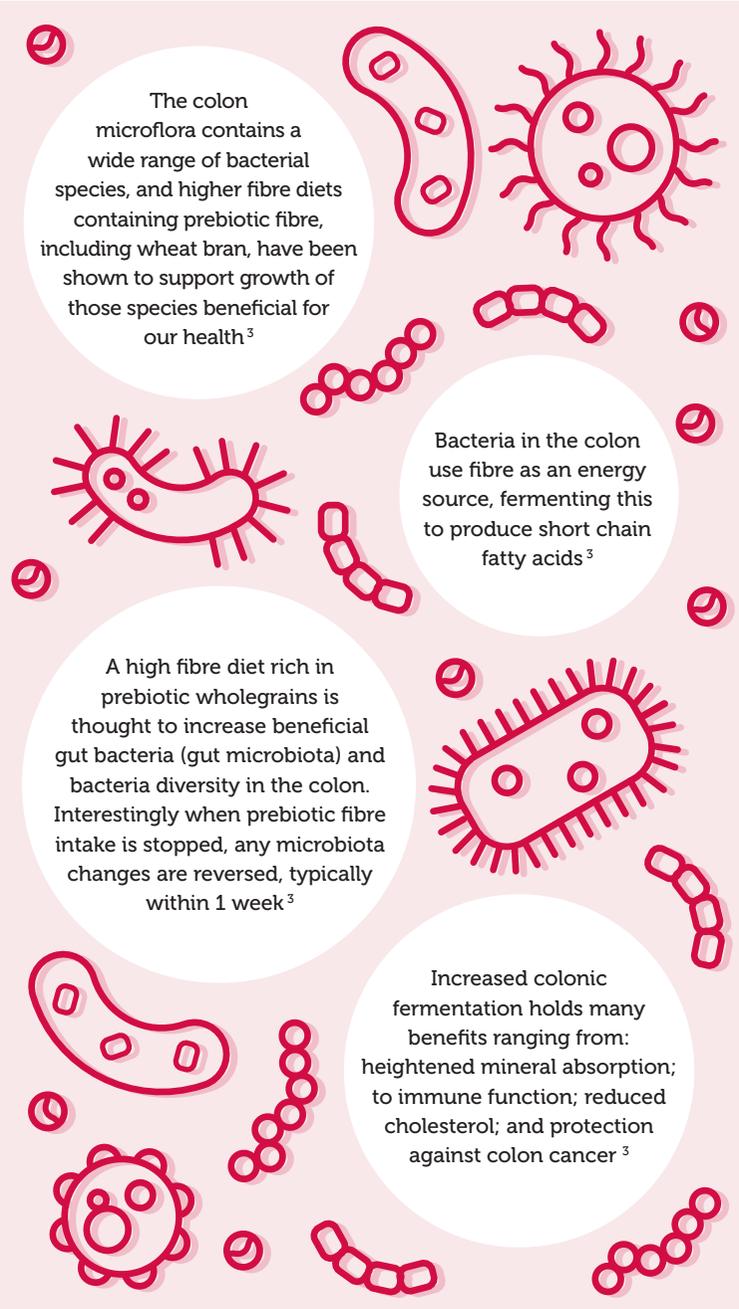
It's important that we eat a range of foods high in fibre to achieve the UK recommended intake of **30g** fibre a day for UK adults<sup>1</sup>

## HOW MUCH FIBRE SHOULD WE EAT?

## WHAT ARE THE BENEFICIAL EFFECTS OF DIETARY FIBRE?

1. EMERGING SCIENCE IS SHOWING HOW FIBRE FEEDS THE GOOD BACTERIA IN THE GUT, HELPING THEM TO THRIVE

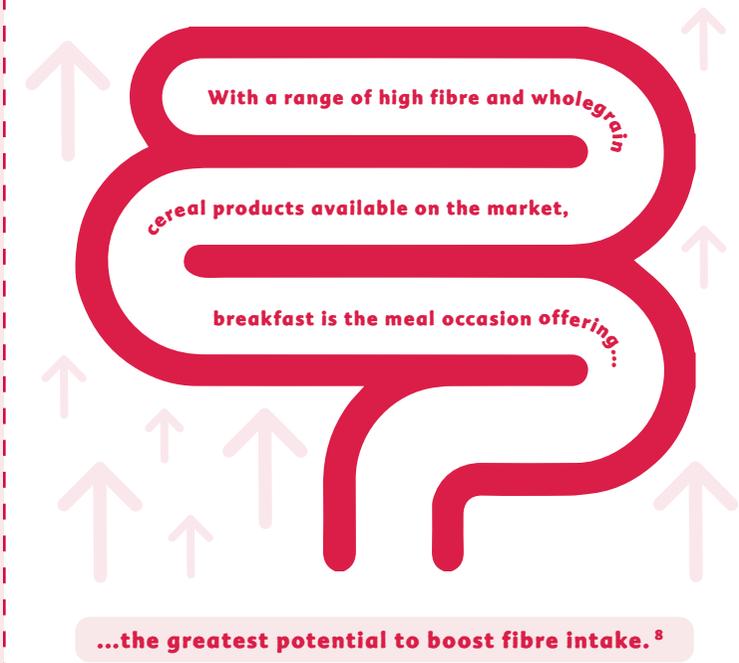
2. FIBRE REDUCES TRANSIT TIME THROUGH THE GI TRACT AND INCREASES LAXATIVE EFFECT



## Eating enough fibre is important for:

- Increased laxative effect from stool bulking<sup>5</sup>
- Reduced transit time due to stool bulking<sup>5</sup>

Key studies have shown that every 1g of fibre from wheat bran increases stool bulk by around 4g,<sup>6</sup> and that consuming an additional 5.4g of fibre from a daily bowl of wheat bran breakfast cereal is sufficient to have a significant effect on digestive comfort and wellbeing.<sup>7</sup>



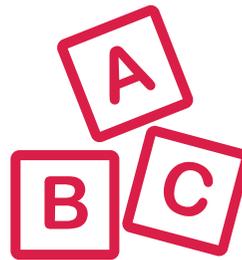
# KEY LIFE

STAGES



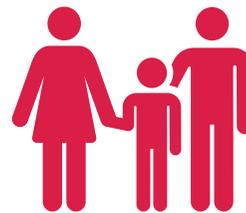
## PREGNANCY

Constipation is an undesirable side effect of rising hormone levels during pregnancy. Around 40% of pregnant women will complain of constipation and between 25-35% will develop haemorrhoids.<sup>9</sup> In many cases, both of these conditions could be avoided by simple lifestyle changes. Increasing the intake of dietary fibre to 8-13 grams a day (particularly wheat bran fibre) and increasing fluid intake<sup>9</sup> as well as regular exercise can help resolve these issues. NICE (National Institute for Health and Care Excellence) also recommends wheat bran fibre as the first line advice to help alleviate constipation during pregnancy.<sup>10</sup>



## CHILDHOOD & ADOLESCENCE

Functional constipation among children and young people is common affecting as many as 1 in 10.<sup>11</sup> Increasing fibre and fluid intake is first line advice for treating functional constipation.<sup>11</sup>



## ADULTHOOD

1 in 5 adults in Europe suffer from constipation.<sup>12</sup> Increasing fibre and fluid intake is first line advice for treating functional constipation.<sup>12</sup> Wheat bran is the most effective cereal fibre for helping to alleviate constipation,<sup>5</sup> which is a particular concern in older people.



MORE THAN FIBRE...WITH GREAT NUTRITION IN EVERY BOWL

### EVERY BOWL CONTAINS

Nutrients	25% of B1, B2, B3, B6, B12 & iron 50% Folic Acid*	Vitamin D	High in Fibre (per serving)	Whole Grain
			 11g Fibre	
			 5.9g Fibre	
			 4.2g Fibre	
			 3.6g Fibre	
			 4.4g Fibre	

\*B vitamins: 0.28mg thiamin (B1), 0.35mg riboflavin (B2), 4.0mg niacin (B3), 0.35mg vitamin B6, 100µg Folic acid 0.63µg Vitamin B12 and 3.5mg iron

#### References

<sup>1</sup>SACN (2015) Carbohydrates and Health TSO [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/445503/SACN\\_Carbohydrates\\_and\\_Health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/445503/SACN_Carbohydrates_and_Health.pdf) <sup>2</sup>PHE (2018) NDNS. Results from Years 7-8 (combined) of the Rolling Programme (2014/2015 – 2015/16): UK Valdes AM et al (2018) Role of the gut microbiota in nutrition and health. *BMJ* 2018;361:k2179 <sup>3</sup>Roberfroid MB (2001) Prebiotics: preferential substrates for specific germs? *AJCN* 73: 406S–409S <sup>4</sup>David LA et al (2014) Diet rapidly and reproducibly alters the human gut microbiome. *Nature* 505: 559–563 <sup>5</sup>EFSA (2010) <https://efsa.onlinelibrary.wiley.com/doi/abs/10.2903/j.efsa.2010.1817> <sup>6</sup>De Vries et al. (2015) Effects of cereal fiber on bowel function: A systematic review of intervention trials. *World J Gastroenterol.* 21(29): 8952-8963 <sup>7</sup>Lawton C et al(2013) Short Term (14 Days) Consumption of Insoluble Wheat Bran Fibre-Containing Breakfast Cereals Improves Subjective Digestive Feelings, General Wellbeing and Bowel Function in a Dose Dependent Manner. *Nutrients* 5: 1436-1455 <sup>8</sup>Clemmens R (2012) Filling America's Fiber Intake Gap: Summary of a Roundtable to Probe Realistic Solutions with a Focus on Grain-Based Foods. *J. Nutr.* 142: 1390S–1401S <sup>9</sup>Jefferson A et al (2013) Using wheat bran fibre to improve bowel habits during pregnancy—a call to action. *Brit J Midwifery* 21: 204-212 <sup>10</sup>NICE (2016) Guideline for antenatal care of uncomplicated pregnancies see <https://www.nice.org.uk/guidance/CG62> <sup>11</sup>Mugie SM et al (2011) Epidemiology of constipation in children and adults: a systematic review. *Best Pract Res Clin Gastroenterol.* 25: 3-18 <sup>12</sup>WGO Global Constipation guidelines (2010) <http://www.worldgastroenterology.org/guidelines/global-guidelines/constipation>



Working together to improve the digestive health of women during pregnancy.  
For more information see: [www.rcm.org.uk/kelloggsallbran](http://www.rcm.org.uk/kelloggsallbran)

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