

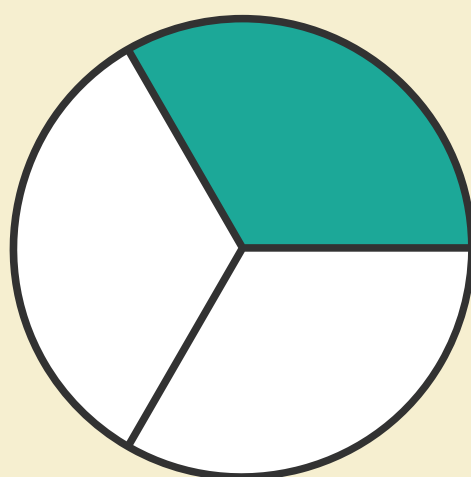


UK FLOUR
MILLERS

SHOCKING STATISTICS ABOUT FIBRE

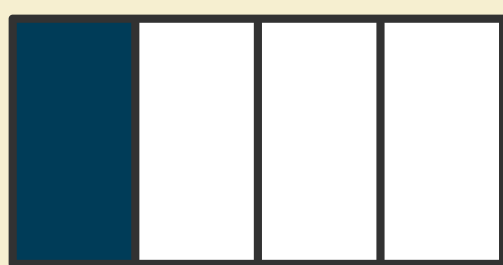
Fibre February

Only 1 in 3 people know 30g of fibre daily is recommended



70% of people don't know if they get the recommended 30g of fibre per day

Only 1 in 4 people know a high fibre diet can reduce the risk of type 2 diabetes



10% of people don't know any benefits of fibre

Information about fibre for Fibre February was pulled from FDF sources on [fibre](#) and [polling](#) in 2024.

Go to <https://www.ukflourmillers.org/> and visit our social media to learn more about fibre, flour, and more.



SOCIAL MEDIA