



# THE TRUTH ABOUT FIBRE

## Fibre February

### TRUTH

**Soluble and insoluble fibre are in foods and help you stay healthy**

### MYTH

There's only one type of fibre

### MYTH

Fibre only helps keep you regular

### TRUTH

**Eating fibre is associated with a lower risk of heart disease, stroke, type 2 diabetes, and bowel cancer**

### TRUTH

**All adults should consume 30g of fibre per day**

### MYTH

Men need more fibre than women

### MYTH

You can only find fibre in bread

### TRUTH

**There are plenty of high-fibre foods like bread, cereal, nuts, fruits, and vegetables**

Information about fibre for Fibre February was pulled from [Fab Flour](#), [NHS](#), and [BDA](#) in 2024.

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

