# **Quick facts on fibre**

Fill in the missing words!

A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diet can help you increase your fibre intake and also helps reduce the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ impact of what you eat.

Eating plenty of \_\_\_\_\_\_\_\_\_\_\_\_ is associated with a lower risk of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, stroke, type 2 diabetes and bowel cancer.

Fibre may also help to increase good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the gut.

Eating fibre-rich foods alongside drinking plenty of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and keeping physically active can help prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Fibre-rich plant foods include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ starchy foods, \_\_\_\_\_\_\_\_\_\_\_, nuts and seeds, potatoes with the \_\_\_\_\_\_\_\_\_\_\_ on, and fruit and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ starchy foods include wholegrain breakfast cereals, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pasta, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bread, and brown rice.

**Missing words:**

Vegetables Plant-rich Constipation

Heart disease Wholegrain

Fibre Wholemeal Pulses

Wholegrain Fluids Environmental

Bacteria Wholewheat Skin