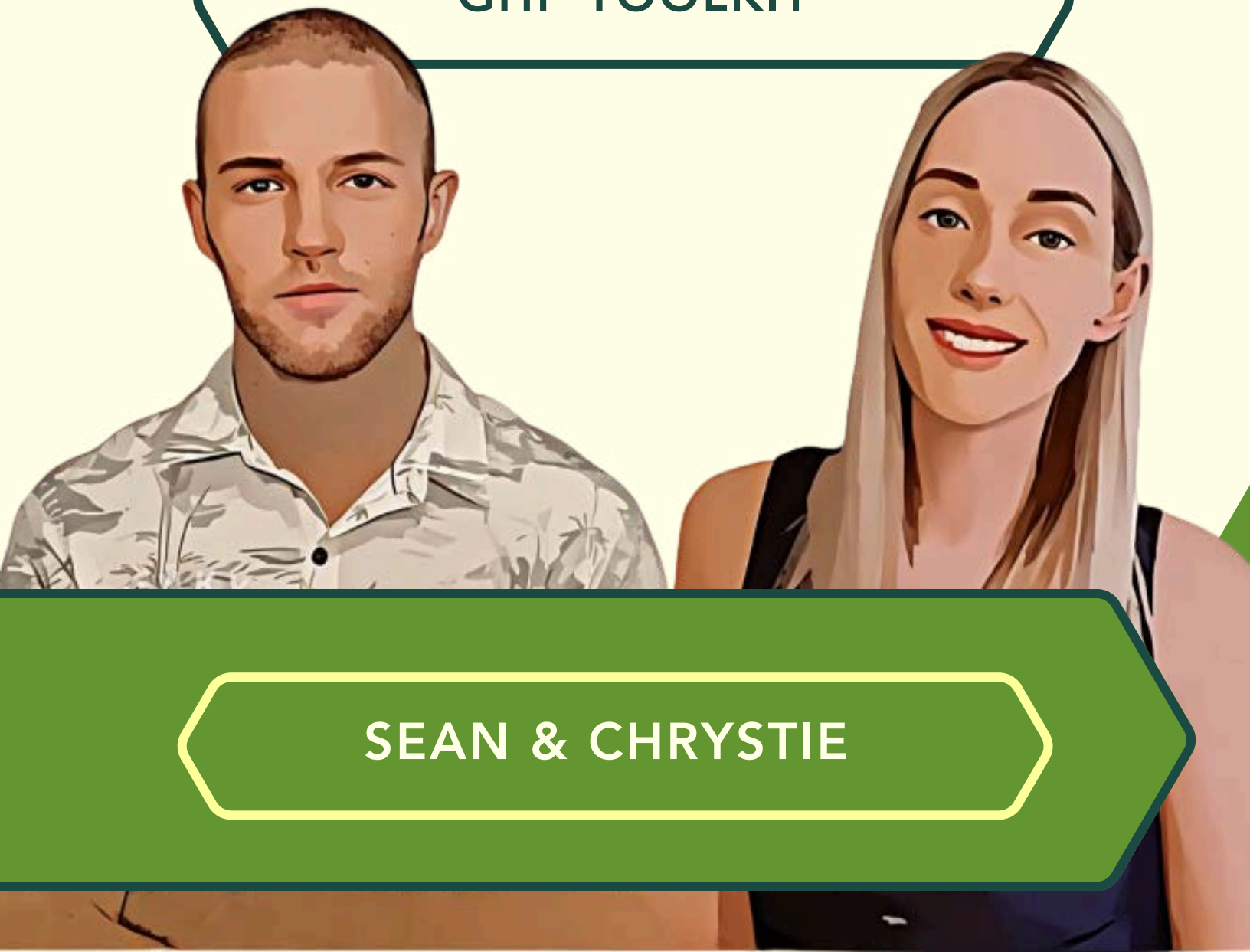


WHICH FIBRE TYPE DO I WANT?

Understanding fibre and how to use it.

GHP TOOLKIT



SEAN & CHRYSTIE



GUT
HEALTH
PROJECT



THE 4 TYPES OF FIBRE

Yes, fibre is great!

BUT did you know there are 4 types of fibre? Each with its own purpose.

We want to make sure we are eating more of the right fibre for what we want to improve.

WE NEED TO LOOK AT...



Insoluble fibre



Soluble fibre



Prebiotic fibre



Resistant starch

GUT HEALTH ENTHUSIASTS

Our mission is to help you to understand how your gut works and what it needs to thrive.

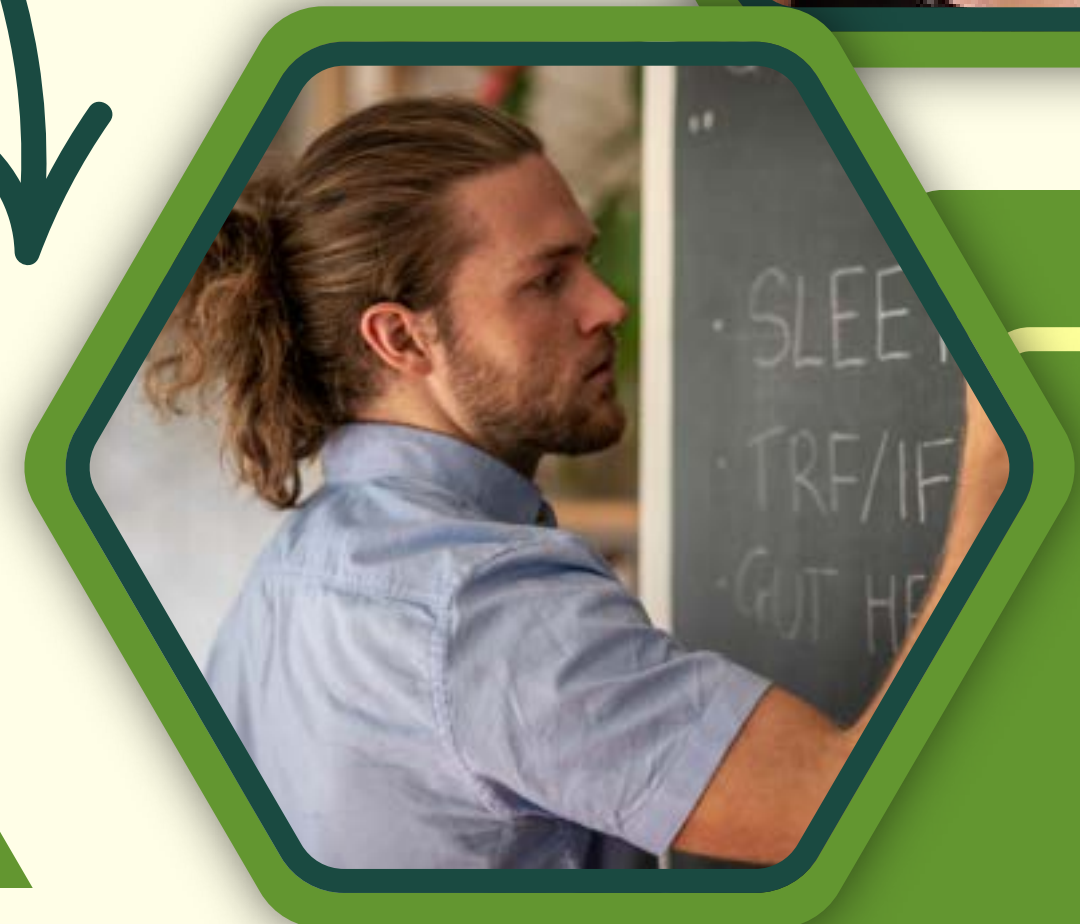
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Metabolic Nutritionist
and health nerd.

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Registered Clinical Nutritionist,
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expert.

*That's
Us!*



DISCLAIMER

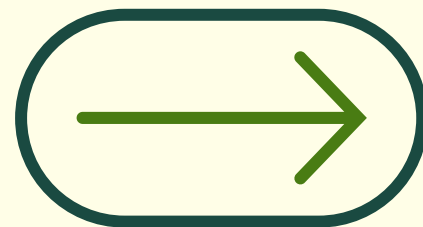
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SO THE BIG QUESTION...

WHICH FIBRE DO YOU NEED MORE OF IN YOUR LIFE?

See here the summarised outcomes of consuming more of each type, decide which sounds like what you need most at the moment.

Then check out the rest of the pages to see which foods that means for you!



SOLUBLE FIBRE

Lowers Cholesterol – Helps reduce LDL (bad) cholesterol, lowering heart disease risk.
Regulates Blood Sugar – Prevents spikes and crashes, making it great for diabetics or those with insulin resistance.
Promotes Gut Health – Feeds gut bacteria and supports a healthy microbiome.
Enhances Satiety – Helps with weight management by making you feel full for longer.



INSOLUBLE FIBRE

Prevents Constipation – Helps form soft, bulky stools for easier bowel movements.
Reduces Risk of Diverticulosis & Hemorrhoids – Keeps intestines functioning efficiently.
Supports Detoxification – By improving elimination, it removes toxins and waste from the body.
Colon cleaning – Keeps the colon healthy and minimizes exposure to harmful substances.



PREBIOTIC FIBRE

Improves Gut Health – Increases beneficial gut bacteria, reducing harmful bacteria.
Immune Function – A healthier gut microbiome strengthens the immune system.
Reduces Inflammation – SCFAs reduce gut inflammation, improving conditions like IBS and leaky gut.
Supports Brain Health – Prebiotic fermentation can increase neurotransmitter production, affecting mood and cognition.



RESISTANT STARCH

Balances Blood Sugar – Lowers insulin response and improves glucose control.
Supports Gut Health – Increases butyrate production, which strengthens the gut lining and reduces inflammation.
Enhances Satiety – Helps with weight management by reducing hunger and cravings.
Improves Insulin Sensitivity – Beneficial for diabetes and metabolic health.



SOLUBLE FIBRE ::::

Soluble fiber dissolves in water, forming a gel-like substance in the digestive tract



SLOWS DIGESTION & ABSORBS WATER

The gel-like consistency of soluble fiber slows the movement of food through the digestive tract, leading to better nutrient absorption and steadier blood sugar levels.



BINDS TO CHOLESTEROL

It traps cholesterol particles in the gut, preventing them from being absorbed into the bloodstream.



FEEDS GUT BACTERIA

Some types of soluble fiber act as prebiotics, nourishing beneficial gut bacteria.



WHAT TO EAT FOR MORE *SOLUBLE FIBRE*

- Oats – One of the best sources of beta-glucan fiber.
- Chia seeds – Absorb water and form a gel, great for digestion.
- Flaxseeds – High in both soluble and insoluble fiber.
- Psyllium husk – A powerhouse for digestive health.
- Beans (black, kidney, navy, pinto, white) – Loaded with fiber and plant-based protein.
- Lentils – Excellent source of soluble fiber and prebiotics.
- Apples (with skin) – Contain pectin, a form of soluble fiber.
- Pears – Another fruit rich in pectin.
- Citrus fruits (oranges, grapefruit, lemons, limes) – High in pectin and vitamin C.
- Barley – A top source of beta-glucans, which support heart health.
- Brussels sprouts – Rich in fiber and supports digestion.
- Sweet potatoes – Contains a good amount of soluble fiber and resistant starch.
- Carrots – Great for gut and eye health.
- Okra – Produces a gel-like substance that supports digestion.
- Turnips – Provide fiber and essential micronutrients.
- Eggplant – Contains pectin and other gut-friendly fibers.
- Avocados – High in fiber and healthy fats.
- Broccoli – Supports gut bacteria and digestion.
- Sunflower seeds – A great fiber and protein source.
- Cucumber (with skin) – Adds hydration and gentle fiber to the diet.



INSOLUBLE FIBRE

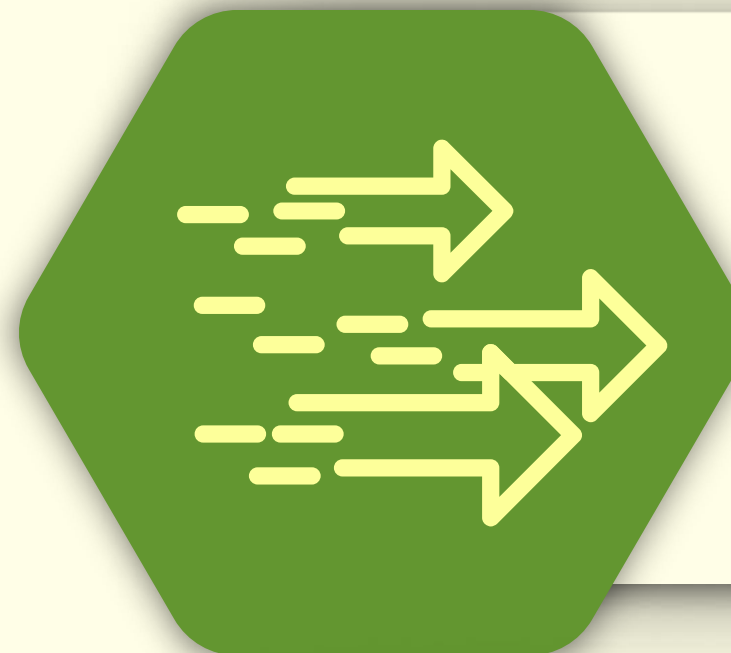
Insoluble fiber does not dissolve in water and adds bulk to stool, acting like a “broom” that sweeps through the digestive system

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INCREASES STOOL BULK

It absorbs water, making stool larger and easier to pass.



ACCELERATES WASTE MOVEMENT

It helps food move faster through the intestines, preventing constipation.



SUPPORTS REGULARITY

By keeping digestion moving smoothly, insoluble fiber prevents sluggish digestion.



WHAT TO EAT FOR MORE *INSOLUBLE FIBRE*

- Brown rice – Less processed than white rice, providing more fiber.
- Quinoa – A fiber-packed grain alternative.
- Corn – Great for digestion.
- Wheat bran – One of the highest sources of insoluble fiber.
- Barley – Contains both soluble and insoluble fiber.
- Almonds – A fiber-rich snack with healthy fats.
- Walnuts – Good for gut health and digestion.
- Flaxseeds (ground) – Provide both insoluble and soluble fiber.
- Chia seeds – Support digestion and gut regularity.
- Leafy greens (spinach, kale, Swiss chard, collard greens) – Excellent for digestion.
- Cabbage – Supports gut health and digestion.
- Cauliflower – Low-calorie and fiber-rich.
- Broccoli – Packed with fiber and antioxidants.
- Brussels sprouts – Support digestion and detoxification.
- Green beans – Gentle on digestion and full of fiber.
- Zucchini (with skin) – Great for gut health.
- Carrots – Beneficial for digestion and eye health.
- Cucumbers (with skin) – Hydrating and fiber-packed.
- Celery – A natural digestive aid.



PREBIOTIC FIBRE

Prebiotics are a special type of fiber that feeds beneficial gut bacteria, helping them thrive. Not all fiber is prebiotic, but certain plant-based fibers act as a food source for gut bugs

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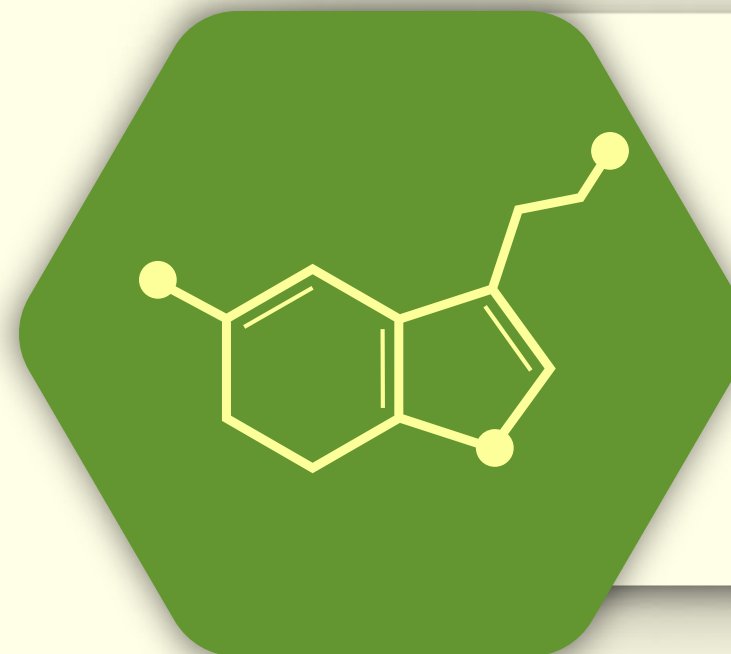
FERMENTED BY GUT BACTERIA

Prebiotics are not digested by the human body but instead are fermented in the colon, feeding beneficial bacteria like Bifidobacteria and Lactobacilli.



PRODUCES SHORT-CHAIN FATTY ACIDS

Fermentation of prebiotic fiber results in SCFAs to nourish gut lining cells, reduce inflammation, and support immune function



SUPPORTS HORMONE HEALTH

Hormones crucial to cell communication and metabolic function are produced by feeding the good gut bugs with prebiotic foods



WHAT TO EAT FOR MORE *PREBIOTIC FIBRE*

- Garlic – One of the best prebiotics, supporting gut bacteria.
- Onions – Great source of inulin, a prebiotic fiber.
- Leeks – Excellent for feeding gut-friendly bacteria.
- Asparagus – High in inulin, supporting microbiome health.
- Bananas (especially unripe ones) – Provide resistant starch and prebiotic fiber.
- Chicory root – One of the highest sources of prebiotic fiber.
- Jerusalem artichokes – Packed with inulin to support gut flora.
- Dandelion greens – Contain prebiotic fiber and antioxidants.
- Apples (with skin) – High in pectin, a prebiotic fiber.
- Oats – Contain beta-glucans, which support gut bacteria.
- Barley – Supports microbiome health.
- Cocoa – Raw cacao provides prebiotics and antioxidants.
- Flaxseeds – A great source of prebiotic fiber.
- Seaweed – Supports gut bacteria growth.
- Legumes (chickpeas, lentils, black beans) – Loaded with prebiotic fiber.
- Soybeans – Contain resistant starch and prebiotic fiber.
- Berries (blueberries, raspberries, blackberries) – Great for gut health.
- Fennel – Supports digestion and feeds gut bacteria.
- Pears (with skin) – High in fiber and prebiotics.
- Tomatoes – Provide prebiotic fiber and support gut bacteria.



RESISTANT STARCH

Resistant starch is a type of carbohydrate that "resists" digestion in the small intestine, reaching the colon where it feeds gut bacteria. It acts like both fiber and prebiotic, offering unique benefits

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PASSES UNDIGESTED TO THE COLON

Unlike most carbohydrates, resistant starch is not broken down in the small intestine



FEEDS BENEFICIAL GUT BACTERIA

Like prebiotic fiber, resistant starch is fermented by gut bacteria, increasing SCFA production



STABILIZES BLOOD SUGAR

Since it isn't digested quickly, it has a minimal impact on blood sugar, reducing insulin spikes



WHAT TO EAT FOR MORE *RESISTANT STARCH*

- Cooled potatoes – Develop resistant starch after cooling.
- Cooled rice – Higher in resistant starch than freshly cooked rice.
- Cooled pasta – Resistant starch increases after refrigeration.
- Green (unripe) bananas – A top source of resistant starch.
- Oats (especially overnight oats) – Contain resistant starch and prebiotics.
- Legumes (chickpeas, black beans, lentils, kidney beans) – Great sources.
- Peas – High in fiber and resistant starch.
- Corn tortillas – Contain resistant starch due to processing.
- Plantains (cooked and cooled) – Develop resistant starch when cooled.
- Whole grain bread (especially sourdough) – Some types contain resistant starch.
- Barley – Contains beta-glucans and resistant starch.
- Cashews – Provide fiber and resistant starch.
- Pistachios – Support gut health.
- Cooked and cooled quinoa – Forms resistant starch after cooling.
- Sweet potatoes (cooled) – Resistant starch increases with cooling.
- Brown rice (cooled) – Contains more resistant starch than fresh.
- Yams (cooled) – High in fiber and resistant starch.
- Sorghum – A gluten-free grain with resistant starch.
- Millet – Provides slow-digesting carbohydrates.
- Parboiled rice – Naturally contains resistant starch.



KEY SUMMARY

Fiber Type	Function in the Body	Key Benefits	Best Sources
Soluble Fiber	Forms gel-like substance, slows digestion	Lowers cholesterol, balances blood sugar, supports gut health	Oats, beans, flaxseeds, apples
Insoluble Fiber	Adds bulk to stool, speeds up digestion	Prevents constipation, supports detoxification, reduces colon disease risk	Whole grains, veggies, nuts
Prebiotic Fiber	Feeds gut bacteria, produces SCFAs	Enhances microbiome, boosts immunity, reduces inflammation	Garlic, onions, bananas, asparagus
Resistant Starch	Resists digestion, feeds gut bacteria	Lowers blood sugar, improves gut health, increases satiety	Green bananas, cooked & cooled rice, lentils

EACH TYPE OF FIBER PLAYS A UNIQUE
ROLE IN SUPPORTING DIGESTION,
METABOLISM, IMMUNITY, AND GUT
HEALTH

A HEALTHY GUT
THRIVES ON A MIX
OF ALL FOUR TYPES


VARIETY IS KEY FOR OVERALL
WELLBEING, SO AIM TO INCLUDE
DIVERSITY IN YOUR FIBRES!

GUT HEALTH IS A
MARATHON NOT A SPRINT
AND AN ESSENTIAL PART
OF ANY HEALTH JOURNEY



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