



ADVANTAGE SPORTS UAE

[www.advantagesportsuae.com](http://www.advantagesportsuae.com)

# THE IMPORTANCE OF DIETARY FIBRE



[www.advantagesportsuae.com](http://www.advantagesportsuae.com)



### **Medical Disclaimer**

The material provided within this book is for information purposes only and in no way supersedes any prior advice given by a medical practitioner or therapist.

Should you follow any of the information provided, you are choosing to do so of your own free will, without coercion and in the full knowledge that the material has not been personally designed for you. Should you suffer from a medical condition of any kind or suspect that following any of the suggestions in this book may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

### **Image credits:**

Front cover and Fruit and vegetables: leonori@123RF.com; Human intestine: nerthuz@123RF.com; Prunes: sereznij@123RF.com

© Copyright 2020 Advantage Sports UAE and its licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the copyright holder(s).

# Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

# Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts .... Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

# Get in touch



## Advantage Sports UAE

Visit [www.advantagesportsuae.com](http://www.advantagesportsuae.com)

Email [maria@advantagesportsuae.com](mailto:maria@advantagesportsuae.com)

[info@advantagesportsuae.com](mailto:info@advantagesportsuae.com)

# The Importance of Dietary Fibre



There's been a trend in recent years for nutrition recommendations to become more and more extreme. From fasting until dinner every day, going completely sugar-free, or avoiding whole food groups, the nutrition landscape can be polarised and confusing. However, pretty much everyone one agrees on the benefits of one thing. That thing is fibre.

Although we all seem to agree that fibre is a healthy addition to any diet, the issue is that most of us don't know what it is, where to get it, and how much to eat. This article is set to clear any confusion up. Dietary fibre is more important than you think, and eating enough of it comes with a lot of added health benefits.

Here's why...

Fibre is a kind of carbohydrate, with one major difference from the normal type, they are indigestible. Fibre comes from cellulose, which is a molecule found in the cell walls of plants which helps them maintain their structure. There are two main kinds of fibre; soluble and insoluble.

**Soluble fibre** attracts water and creates a gel when we eat it, which slows down the time our food takes to digest. Soluble fibre helps to make your stool softer and easier to pass, which helps to increase the health of your bowels over time.

**Insoluble fibre** doesn't attract water. Because of this, it speeds up the transit of food in your gut by working as "roughage".





The easiest way to think of soluble and insoluble fibre is to imagine putting them into a glass of water. Adding soluble fibre to the glass would dissolve it and turn the water into a gel, whereas the insoluble fibre would settle on the bottom. Both are essential for the health of our intestines, but despite the obvious advantages of helping us go to the loo, fibre also provides some unique health benefits.

**Fibre promotes health directly and indirectly in two different ways:**

1. Fibre directly decreases inflammation <sup>(1)</sup> which is shown to help us live longer (Man 2006) and improves the quality of the gut bacteria which is associated with less risk of common diseases <sup>(2)</sup>.
2. Indirectly, a high-fibre diet will contain a greater amount of vitamins <sup>(3)</sup> and minerals <sup>(4)</sup> which are both very beneficial for long-term health.

As well as these general health benefits, fibre is shown to directly limit the chance of cardiovascular disease <sup>(5)</sup>, limit the risk of cancer <sup>(6)</sup>, protect against strokes (flight 2006), and lower blood pressure <sup>(7)</sup>. On top of that, fibre can help control blood sugar and contributes to losing and maintaining weight by making you feel fuller for longer (Freeland 2009). Not bad for the cell wall of a plant. The problem is, we don't get enough.

Since 2015, it's been recommended that men and women get a minimum of 30g fibre a day. Studies show, however, that we consume almost half that, at best <sup>(8)</sup>. One of the reasons for the lack of fibre in our diets could come from the amount of fruit and veg we eat. While we all know that eating vegetables and fruit is good for our health, 70% of us don't manage to eat at least the advocated five portions a day <sup>(9)</sup>.





It's not only the vegetables that are lacking in our diets. Other sources of fibre such as lentils and beans, nuts, and wholegrain only contribute to 6% of our fibre intake (10), but getting enough fibre in your diet doesn't have to be complicated. Focusing on a few dietary staples can make all the difference.

High fibre foods usually contain both soluble and insoluble forms, but the percentage of each type is skewed depending on the foods you choose to eat. Foods containing a lot of soluble fibre include barley, oats, beans, figs, prunes, and sweet potatoes. Foods containing lots of insoluble fibre include cereals, whole-wheat bread, lentils, apple, avocado, and strawberries.



### **Try the following simple ways to increase your fibre intake...**

- Try to not be like the 70% of us that don't get enough fruit and vegetables and focus on getting at least five portions per day.
- Switch refined foods like white rice, pasta, and bread for whole grains like brown rice, wholemeal pasta and bread, and foods like quinoa, bulgur, and barley.
- Switch refined cereals to oatmeal, bran flakes, or wholemeal cereals.
- Mix your usual starch or carbohydrate sources with beans, lentils, and split peas at least once a week.



While most of us should eat plenty of each kind of fibre, people suffering from IBS sometimes need to be more careful. While fibre is usually helpful in reducing IBS symptoms, it can depend on what symptoms the person is currently having. Some IBS symptoms can include diarrhoea, others can result in constipation.

Someone with diarrhoea might want to reduce the amount of insoluble fibre they eat as this could exacerbate their symptoms, whereas increasing soluble fibre, which actively slows down digestion and the amount of time food stays in the gut, could be a good thing.

Conversely, someone who is suffering from IBS that causes constipation should not consume too much soluble fibre but might benefit from more insoluble fibre to help actively reduce the time between bowel movements.

Although fibre is mostly seen as a carbohydrate, since it isn't broken down by our digestive system, it doesn't contain the same number of calories as regular carbs. However, calories from fibre do still count.

While fibre isn't digested it is fermented by our gut microbes to form something called short-chain fatty acids. Short-chain fatty acids may have health benefits themselves, with research showing that they help regulate metabolic health and decrease the risk of cardiovascular disease <sup>(11)</sup>.

The energy from these short-form fatty acids amounts to around two calories per gram of fibre, rather than the four calories per gram as contained in all other forms of carbohydrate. If you've ever wondered why the total amount of carbs in your food added up to an odd amount of calories, it's because the calories in fibre have already been subtracted from the total amount.

Fibre isn't just some tag along feature of eating vegetables and whole grains, it's essential for a properly functioning digestive system and super important for your health. Pay attention to the plant-based foods you eat and vary your food intake to get enough fibre and reap the rewards.



## References

1. North CJ, Venter CS, Jerling JC. The effects of dietary fibre on C-reactive protein, an inflammation marker predicting cardiovascular disease. *European Journal of Clinical Nutrition* [Internet]. 2009 [cited 2020 Oct 7];63(8):921–33. Available from: <https://pubmed.ncbi.nlm.nih.gov/19223918/>
2. Kuo SM. The interplay between fiber and the intestinal microbiome in the inflammatory response [Internet]. Vol. 4, *Advances in Nutrition. Adv Nutr*; 2013 [cited 2020 Oct 7]. p. 16–28. Available from: <https://pubmed.ncbi.nlm.nih.gov/23319119/>
3. Zhao LG, Shu XO, Li HL, Zhang W, Gao J, Sun JW, et al. Dietary antioxidant vitamins intake and mortality: A report from two cohort studies of Chinese adults in Shanghai. *Journal of Epidemiology* [Internet]. 2017 [cited 2020 Oct 7];27(3):89–97. Available from: [/pmc/articles/PMC5363781/?report=abstract](https://pubmed.ncbi.nlm.nih.gov/35363781/)
4. Kaluza J, Orsini N, Levitan EB, Brzozowska A, Roszkowski W, Wolk A. Dietary calcium and magnesium intake and mortality: A prospective study of men. *American Journal of Epidemiology* [Internet]. 2010 Apr [cited 2020 Oct 7];171(7):801–7. Available from: <https://pubmed.ncbi.nlm.nih.gov/20172919/>
5. Grooms KN, Ommerborn MJ, Pham DQ, Djoussé L, Clark CR. Dietary fiber intake and cardiometabolic risks among US adults, NHANES 1999–2010. *American Journal of Medicine*. 2013 Dec 1;126(12):1059–1067.e4.
6. Aune D, Chan DSM, Lau R, Vieira R, Greenwood DC, Kampman E, et al. Dietary fibre, whole grains, and risk of colorectal cancer: Systematic review and dose-response meta-analysis of prospective studies [Internet]. Vol. 343, *BMJ* (Online). British Medical Journal Publishing Group; 2011 [cited 2020 Sep 23]. p. 1082. Available from: [www.wcrf.org/](http://www.wcrf.org/)
7. Whelton SP, Hyre AD, Pedersen B, Yi Y, Whelton PK, He J. Effect of dietary fiber intake on blood pressure: a meta-analysis of randomized, controlled clinical trials. *Journal of Hypertension* [Internet]. 2005 Mar [cited 2020 Sep 23];23(3):475–81. Available from: <http://journals.lww.com/00004872-200503000-00002>
8. Hooper B, Spiro A, Stanner S. 30g of fibre a day: An achievable recommendation? *Nutrition Bulletin* [Internet]. 2015 Jun 1 [cited 2020 Oct 7];40(2):118–29. Available from: <http://doi.wiley.com/10.1111/mbu.12141>
9. Harland JI, Buttriss J, Gibson S. Achieving eatwell plate recommendations: is this a route to improving both sustainability and healthy eating? *Nutrition Bulletin* [Internet]. 2012 Dec 1 [cited 2020 Oct 7];37(4):324–43. Available from: <http://doi.wiley.com/10.1111/j.1467-3010.2012.01988.x>
10. Reicks M, Jonnalagadda S, Albertson AM, Joshi N. Total dietary fiber intakes in the US population are related to whole grain consumption: Results from the National Health and Nutrition Examination Survey 2009 to 2010. *Nutrition Research* [Internet]. 2014 [cited 2020 Oct 7];34(3):226–34. Available from: <https://pubmed.ncbi.nlm.nih.gov/24655489/>
11. Chambers ES, Preston T, Frost G, Morrison DJ. Role of Gut Microbiota-Generated Short-Chain Fatty Acids in Metabolic and Cardiovascular Health [Internet]. Vol. 7, *Current Nutrition Reports. Current Science Inc.*; 2018 [cited 2020 Oct 7]. p. 198–206. Available from: [/pmc/articles/PMC6244749/?report=abstract](https://pubmed.ncbi.nlm.nih.gov/3244749/)