

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Fibre

We need a balance of two types of fibre

Soluble fibre



Good for...

- managing blood sugar
- feeling fuller for longer
- improving heart health
- improving digestion

Insoluble fibre

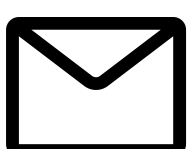


Good for...

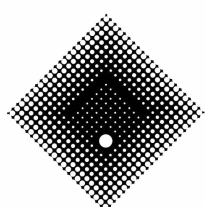
- keeping you regular
- feel fuller for longer
- lots of vitamins and minerals



Remember to drink plenty of water



contact Monica for more information monica.wellington@vu.edu.au



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WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual
Disability to Access Health (SPIDAH)

