



RYVITA
FibreforLife

RYVITA[®]
Resolution
Information
Pack

Fibre never
tasted so good.

#RyvitaResolution

WHAT IS DIETARY FIBRE?

SOURCED FROM:



Fibre is a type of carbohydrate that humans are unable to digest. It is found in the plants we eat (i.e. fruits, vegetables, grains, nuts, seeds and legumes).



There are several types of dietary fibre which act in different ways.

SOLUBLE FIBRE

Think 'gel-like' fibre. Soluble fibres attract water to form a thick gel, which slows digestion and results in lower blood glucose levels after eating.

Foods include:

Whole grains (rye, oats, barley, and grain foods made with these ingredients including breads, cereals and wholegrain crispbreads), legumes including lentils; red kidney beans, chickpeas, baked beans; psyllium and some fruits, vegetables, nuts and seeds.

INSOLUBLE FIBRE

Think 'bulking' fibre. Also known as 'roughage'. These fibres promote healthy, regular bowel movements.

Foods include:

Most whole grains (whole wheat, brown rice, rye, barley), bran, bran based grain foods (breakfast cereals), whole grain or wholemeal breads, crispbreads, pastas, noodles and couscous as well as nuts, legumes and the skins of fruit and vegetables.

RESISTANT STARCH

Resistant starch helps the good bugs in your colon thrive, promoting good digestive health.

Foods include:

Legumes, whole grains like brown rice, whole grain foods, breads, pasta, noodles, rice, breakfast cereal and crispbreads as well as cold cooked potatoes and firm bananas.

Ensure you maximise the health benefits of fibre by enjoying grain foods 3-4 times each day, choosing at least half as whole grains and high fibre grain foods. While refined grain foods such as white bread and pasta do still contain fibre, on average they have only one third of the fibre of their whole grain counterparts.



With more than 13 grams of fibre per serve, this Moroccan inspired recipe will keep you feeling fuller for longer and it tastes delicious!

RECIPE: RYVITA WITH ROAST CAULIFLOWER AND HUMMUS

SERVES: 1

PREP TIME: 5 MINS

COOKING TIME: 30 MINS

INGREDIENTS:

150g finely chopped cauliflower
100g finely chopped red capsicum
1 teaspoon olive oil
½ teaspoon ground turmeric
1 tablespoon finely chopped curly parsley
1/3 cup (80g) Yumi hummus
2 Ryvita Multigrain crispbreads
1 tablespoon pepitas

METHOD:

Preheat oven 200 degrees C
Put the chopped cauliflower into a bowl with capsicum, olive oil and turmeric. Stir to coat, season with sea-salt and freshly ground black pepper; transfer to a baking tray. Roast in the oven for 30 minutes or until a little crispy. Remove from oven; sprinkle with parsley. Spread hummus over two crispbreads, top with the roast cauliflower mixture and sprinkle with pepitas.
The roasted cauliflower can be pre-prepared & stored in an air tight container in the fridge for up to 2 days.

DID YOU KNOW?

1. Dietary fibre is found only in plant foods such as grains, legumes, vegetables, fruit, nuts and seeds.⁽⁹⁾
2. One cup (200g) of wholemeal pasta contains more than 11g of fibre - about one third of your daily needs!⁽¹⁰⁾
3. Eating a range of plant foods such as wholegrains, fruit, vegetables and legumes is the best way to achieve fibre diversity.⁽¹⁵⁾
4. 51% of Aussies we surveyed report suffering from bloating, with 15% admitting to suffering for 4 days a week or more!⁽⁶⁾
5. One cup of quinoa (200g) is high in dietary fibre.⁽¹¹⁾
6. 11% of Aussies surveyed have no idea what fibre does for the body.⁽⁶⁾
7. Two slices of Ryvita Multigrain Crispbread are a source of fibre, containing 3.6g of fibre in a two slice serve.



An average pear (180g) is a good source of fibre.

Why not try one as a morning or afternoon snack?⁽¹⁷⁾



Beat the 3pm slump with Ryvita Original crispbread, topped with ricotta cheese and raspberries with 8.7 grams of fibre per serve - a healthier afternoon treat!⁽¹⁴⁾



Why not try our Walnut & Beetroot Dip topped Ryvita recipe as a tasty high-fibre snack?

Visit ryvita.com.au/highfibre for recipe details

TIPS & TRICKS

 **X2**
 **X5**

Aim to eat at least two servings of fruit and five serves of vegetables daily for a healthy diet.⁽¹⁾

Drinking plenty of water every day is essential for good health. Try to get at least eight glasses a day.⁽³⁾

Stay hydrated

8 

Eight hours of sleep is recommended for healthy adults.⁽²⁾

2½ to 5

Doing any physical activity is better than doing none. The Department of Health recommends to start gradually and safely build up over time to the recommended amount of 2½ - 5 hours per week.⁽⁴⁾

Psyllium husk is over 88% fibre. Sprinkle some on your cereal, muesli or yoghurt to **boost your daily fibre intake.**⁽⁷⁾

88%

86%

of Aussies surveyed believe there is a link between **gut health and overall wellbeing.**⁽⁶⁾

Food, snacks & meals...

with at least 4g fibre per serve are considered a good source - over 7g per serve is considered an excellent source.⁽⁸⁾

30g

The daily recommended intake of dietary fibre is 30g.⁽⁵⁾

4g

7g



37% of Australians surveyed suffer from constipation 1 day a week or more.⁽⁶⁾

Fibre rich foods can help maintain regular bowel movements.⁽⁵⁾

Visit ryvita.com.au/highfibre for recipe details

SWAPS FOR BETTER HEALTH

yes ~~oops!~~



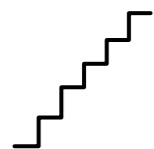
WALKING MEETING



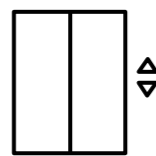
DESK LUNCH



TAKE THE STAIRS



RIDE THE LIFT



HANDFUL OF NUTS



HANDFUL OF JELLYBEANS



HAVE AN EARLY NIGHT



STAY UP WATCHING NETFLIX



FIBRE TIP!

Add some kidney beans or lentils to your spaghetti bolognaise for an easy way to increase your fibre intake.⁽¹⁵⁾



Ryvita can be added to many recipes as a fibre boost. Why not add Ryvita to a hearty Tomato and Lentil stew.

Visit ryvita.com.au/highfibre for recipe details



Ryvita is made with whole grains. Why not try our Ryvita with smashed avocado recipe as a high fibre snack any time of the day?⁽¹³⁾



Grab a handful of healthy nuts (such as almonds) for a morning or afternoon snack to increase your daily fibre intake.⁽¹⁶⁾

Visit ryvita.com.au/highfibre for recipe details

Aim to eat whole grain or wholemeal products instead of refined white grain products to increase your fibre.⁽³⁾



Source links:

1. healthdirect.gov.au/high-fibre-foods-and-diet
2. healthdirect.gov.au/10-tips-for-healthy-sleep
3. healthdirect.gov.au/drinking-water-and-your-health
4. health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines
5. blog.csiro.au/health-check-are-you-eating-the-right-sorts-of-fibre/
6. Ryvita Fibre For Life Survey, January 2020
7. foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/fooddetails.aspx?PFKID=F007502
8. healthdirect.gov.au/high-fibre-foods-and-diet
9. glnc.org.au/grains-2/grains-and-nutrition/cereal-fibre/
10. foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/fooddetails.aspx?PFKID=F006464
11. foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/fooddetails.aspx?PFKID=F007596
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14. foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/fooddetails.aspx?PFKID=F007619
15. nutritionaustralia.org/national/resource/fibre
16. glnc.org.au/grains-2/recommended-amounts/recommended-amount-of-grains/
17. foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/fooddetails.aspx?PFKID=F006585

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