

# Fibre

**Dietary fibre can slow carbohydrate digestion and glucose absorption, for better blood sugar control.**

High fibre food include vegetables, fruits and whole-grain products.

Increase your fibre intake by **switching** to these options:

- Brown rice
- Wholewheat noodles and pasta
- Wholegrain bread
- Steel-cut or rolled oats

These **contain more dietary fibre** than their refined versions and can help manage blood sugar levels.

