

Fibres main role is in maintaining a healthy digestive tract.

It plays a key role in **preventing**:

- constipation
- cancer
- heart disease

**Wholegrain breads, cereals, legumes, rice, pasta, fruit and vegetables are good sources of fibre.**

The three major types:

**Soluble fibre** helps **lower blood cholesterol** levels and, in people with **diabetes**, helps to **control blood sugar**. Soluble fibre is found in fruits, vegetables, dried peas, soybeans, lentils, oats, rice and barley.

**Insoluble fibre** - helps **keep us 'regular'**. Foods containing insoluble fibre include wholegrain and wholemeal wheat-based breads, cereals and pasta.

**Resistant starch** - may provide similar benefits to other types of fibre, such as helping to prevent constipation. Foods containing resistant starch include firm bananas, roasted chickpeas, boiled long grain white rice, baked beans, cooked and cooled potato, as well as cornflakes.

Humans require only a small amount of sodium (salt) in our diet for good health. But many people crave salt.

It can be found just about everywhere these days - especially in processed foods, where salt is used to **preserve the product** and **enhance its flavour**.

Unfortunately, research shows that high sodium intake is linked with **High Blood Pressure** - Look for low salt foods (less than 120mg of sodium per 100g) and avoid high salt foods where possible (greater than 500mg of sodium per 100g).

Both high blood pressure and **salt-sensitivity** are common in people with **Type 2 diabetes** and insulin resistance. Also people with Type 1 diabetes who have kidney damage are at high risk for high blood pressure.

High blood pressure is a major risk factor for **heart disease** and **stroke**. That's true for all people, not just those with diabetes.

But you can help keep your body healthy with the right diet. **Try adding herbs and spices for extra flavour rather than salt.**