

What does **fibre** do?

We know that fibre is good for the gut, but how does it help prevent some cancers?

Fibre helps us feel fuller for longer and can help in maintaining a healthy weight.

Fibre reduces how quickly carbohydrates are absorbed into the blood, reducing risk of insulin resistance which is related to cancer risk.

Good bacteria convert fibre into short-chain fatty acids which help to stop cells becoming cancerous.

Fibre increases the bulk of stool, catching carcinogens (cancer-causing agents) and pulling them out of the body.

