

VITAL FACTS ABOUT

Essential information for your family's health

We all know that fibre is essential for wellbeing and vitality. But did you know that some fibres are better than others?

Vital Fact 1:

A recent CSIRO report[†] has highlighted a new form of dietary fibre called Resistant Starch. Resistant Starch is unique because, as the name suggests, it resists digestion in the small intestine and passes through to the colon where it can lead to positive changes in the bowel.

Aren't starch and fibre different things?

Vital Fact 2:

Before the discovery of Resistant Starch, the answer was YES - but Resistant Starch acts just like dietary fibre to improve life on the inside! So, combine your usual fibre foods with foods high in Resistant Starch to get the maximum benefit.

Why Resistant Starch?

Vital Fact 3:

Studies suggest that Resistant Starch has special properties which promote bowel health - and that's great news for the whole family...



The latest research reveals that Resistant Starch leads to the production of special fatty acids in the bowel which may assist in protecting against intestinal illnesses, as well as keeping you 'regular'.

Studies have also shown that Resistant Starch can slow the rate at which glucose is absorbed into the bloodstream - which can be beneficial for people with an active lifestyle.

How much is enough?

Vital Fact 4:

Australians currently eat only 6 grams of Resistant Starch each day - we need to increase this by up to 3 times!

Recent reports indicate that we need between 15 and 20 grams of Resistant Starch a day in order to obtain its unique benefits.

Family Daily Fibre

Age Daily Fibre = Age + 10

5	15 grams per day
6	16 grams per day
7	17 grams per day
8	18 grams per day

Adults need 30 grams per day

Where do I get it from?

Vital Fact 5:

Potatoes, rice and pasta, together with foods containing natural Hi-maize™, are the best sources of this essential fibre.

The Resistant Starch content of food varies. In fact, if you allow a boiled potato to cool after cooking its Resistant Starch content doubles - so potato, rice and pasta salads as well as Wonder White bread, Grinners Breakfast Cereal and Wheat Bites To Go (all boosted with natural Hi-maize™) are excellent sources of this vital fibre.