



## Fibre Guide.

Get Grounded with More Fibre.

# Fibre 101

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Fibre is a type of carbohydrate that your body can't digest. Instead of being broken down and absorbed, it passes through your digestive system, doing amazing work along the way.

There are two key types:

## Soluble Fibre

Found in foods like oats, beans, and fruits. It dissolves in water to form a gel-like material, which can help lower blood cholesterol and glucose levels.



## Insoluble Fibre

Found in whole grains, vegetables, and nuts. It adds bulk to the stool and helps food pass more quickly through the stomach and intestines, keeping things moving and reducing constipation.

Both types are essential for optimal health, and a varied, colourful diet ensures you get enough of each.



# Why you need more fibre.

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## Only 9%

of adults in the UK  
consume enough fibre  
(Food & Drink  
Federation)

## Low Income

households struggle to  
eat enough fibre,  
compared to those  
better off - this is why  
at Grounded Kitchen,  
**our mission** is to  
provide nutritious and  
balanced meals for a  
price comparable to a  
home-cooked meal  
(British Nutrition  
Foundation)



## 4-14%

this is how few of the  
UK's children of  
different age groups  
meet their fibre  
requirements  
(GOV.UK)

## ~19g

is how much daily fibre  
an average adult  
consumes in the UK,  
falling short of the  
30 grams per day  
requirement  
(Guts, UK)

Why fibre is  
**important.**



# Why fibre is important.

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## Bowel Health

A diet low in fibre is linked to an increased risk of colorectal cancer - the 4<sup>th</sup> most common cancer in the UK

## Heart Health

Higher dietary fibre intake is associated with a lower risk of cardiovascular and coronary heart disease

## Obesity

Low fibre intake increases the risk of childhood obesity, highlighting the importance of fibre in weight management (Donin et al. 2024)



## Bowel Movements

Low fibre intake is associated with bowel dysfunction, including constipation and irregular bowel movements

## Diabetes

Increasing the fibre content of everyday UK foods could reduce the risk of type 2 diabetes for 72% of the adult population (Tate & Lyle, 2022)

**Tips to  
boost your  
fibre.**



# Full of Fibre Checklist.

## 7 ways to boost your fibre intake with grounded kitchen.

### 1. Fruit Twice Daily

Fruit is fibre, a range of antioxidants, hydration and natural sweetness all in one. Aim for 2 daily portions. Mix it into your breakfast bowl, have it as a snack or enjoy some natural sweetness after a meal.

*Açaí your way to 8g of fibre. Grab the Quencher or Bowl for a fruity fix, paired with healthy fats to keep blood sugars steady. benefit from a burst of antioxidants from the Açaí while you're at it.*

### 3. Cool your carbs

That second-day pasta, potatoes, or defrosted bread forms resistant starch - a special type of fibre that feeds your gut bacteria and supports blood sugar balance.

*Don't be down if the rice bowl you ordered for delivery arrives cold and keep in mind that reheating it can make it even better for you!*

### 2. Choose 3

Aim for at least three different veggies with each meal. Bonus points if they are different colours, as each colour represents different antioxidants.

*Get your fibre fix in full colour from our rice bowls loaded with veg. Go for Sweet Potato & Edamame (8.3g) or Tofu & Edamame (8.2g) to eat the rainbow and feed your gut.*

### 4. Add some crunch

Top your rice or noodles with fibre-rich add-ons if you're eating at home: lightly pickled veg, kimchi, edamame, roasted seaweed, or sesame seeds.

*When ordering at Grounded Kitchen, add a side of Gochu Cashews for fibre and fullness in one fiery handful.*

# Full of Fibre Checklist.

## 7 ways to boost your fibre intake with grounded kitchen.

### 5. Aim for 3 x 10

The recommended fibre daily intake is 30g+. Aim for 10g with each meal.

*All of Grounded Kitchen Ramen bowls can help you do this, containing 10g+ of fibre.*

### 6. A veggie day a week

More fibre doesn't have to cost more. A veggie day a week can nourish the gut and help the planet. Affordable, filling, and easy to build a meal around.

*The Grounded Kitchen menu is packed with some great veggie options in case you don't feel like being creative yourself.*

### 7. Mix it up

Variety in your diet is key for good gut health. It also helps to ensure a wide range of nutrients, vitamins and minerals are consumed, reducing the likelihood of deficiencies.

Mixed nuts and seed blends are perfect toppings and garnish, while frozen vegetable mixes are a busy or lazy day hack for maximum fibre and minimal prep. No washing or chopping required.

*It may be instinctual to go for your usual order from Grounded Kitchen, but keep your mind (and taste buds) open! Mix it up with a variety of choices across the different meal categories.*

# Cooking at home?

## 8. Power up with pulses

Add a spoonful of lentils, chickpeas, or black beans to your salad, wrap, or rice bowl for an easy fibre (and protein) boost. Canned ones do the trick if you don't have time for soaking.

New to legumes? Start with a half-and-half mix, like brown rice and black beans.

## 9. Eat the rainbow

Red / white onions, purple / green cabbage, red / green apples - they might seem almost the same, but each colour offers slightly different types of fibre and antioxidants. Eat the rainbow to boost your fibre intake.

## 10. Keep the skin

Don't peel your carrots, apples, pears, potatoes or even kiwis! Just scrub well and enjoy the skin. A surprising amount of fibre (and flavour!) lives there.





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