

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Fibre

We need a balance of two types of fibre

Soluble fibre

Insoluble fibre













Good for...

- managing blood sugar
- feeling fuller for longer
- improving heart health
- improving digestion

Good for...

- keeping you regular
- feel fuller for longer
- lots of vitamins and minerals



Remember to drink plenty of water



contact Monica for more information monica.wellington@vu.edu.au





Supporting People with an Intellectual Disability to Access Health (SPIDAH)

