

## Fiber – Power for your gut and well-being!

Carbohydrates are our most important source of energy – but not all are created equal. While sugar and white flour products cause blood sugar levels to rise rapidly and can promote weight gain, whole grains, legumes, and vegetables provide energy in a healthy, long-lasting form. The quality of carbohydrates is therefore crucial.

### Why fiber is so important

Fiber is the indigestible part of plant-based foods. It keeps you feeling full, binds cholesterol, promotes regular digestion, and has a positive effect on the gut flora.

In the large intestine, it serves as food for “good” bacteria, creating a diverse microbiome that in turn strengthens the immune system, optimizes digestion, and prevents inflammation.

### How much fiber do we need?

The recommended amount is about 30 g of fiber per day. This amount can easily be achieved with five servings (1 serving equals 1 handful) of fruit and vegetables, one serving of whole grains, nuts, and legumes.

### Practical tip

When preparing oatmeal, it is important to know that “overnight” is the method of choice - i.e., without cooking. Soaking in water, milk, or plant-based milk alternatives overnight preserves heat-sensitive nutrients and makes minerals such as iron, calcium, and magnesium available.

When preparing porridge, we can let our creativity run wild, e.g., with seeds, nuts, dark chocolate, seasonal fruit, or coconut flakes.

## Conclusion

High-quality carbohydrates and sufficient fiber are crucial for energy, satiety, and gut health. Regularly eating fiber-rich foods such as whole grains, legumes, and vegetables not only supports digestion but also general well-being and the immune system - especially during the cold season.