

1. What is fibre?

Fibre is derived from plant cell components and resistant to digestive secretions of gastrointestinal tract. It is also called as "unavailable carbohydrate" and consists of complex polysaccharides such as guar, pectin, cellulose, hemicellulose, gums, lignin and mucilage.

2. What are types of fibre?

Water soluble fibre – pectin, gums, mucilage

Water insoluble fibre – Cellulose, hemicellulose, lignin

3. Which fibre is useful in constipation?

Water insoluble fibre is useful because it decreases, intestinal transit time and increases fecal bulk.

4. How water soluble fibre is useful?

Water soluble fibre present in fruits, oats, barley and legumes are effective in controlling the blood glucose and serum lipids. It ferments in the colon to gases and contributes little to fecal bulk.

5. How much fibre should we eat daily?

About 40g or 25g / 1000 Kcal. of dietary fibre per day is desirable.

6. Useful is methi (Fenugreek) seeds in diabetics?

About 10-20gm of Methi (Fenugreek) seeds taken 5-10minutes in early morning before breakfast in diabetics helps to reduce blood glucose levels and improve glucose tolerance..Some patients may develop diarrhea or flatulence when started initially due to high fibre content.