There are two types of fibre, soluble and insoluble, and the body needs both.

Soluble fibre may help reduce cholesterol, lower blood glucose and relieve diarrhoea.

Insoluble fibre may prevent diseases of the colon and help keep you regular.

It’s important to eat a range of high-fibre foods to make sure you get both.

A food is categorised as “high fibre” if it contains over 6g per 100g.

“When increasing your fibre intake do so slowly to avoid bloating and gas and remember to drink plenty of fluid so that fibre can do its job properly.”