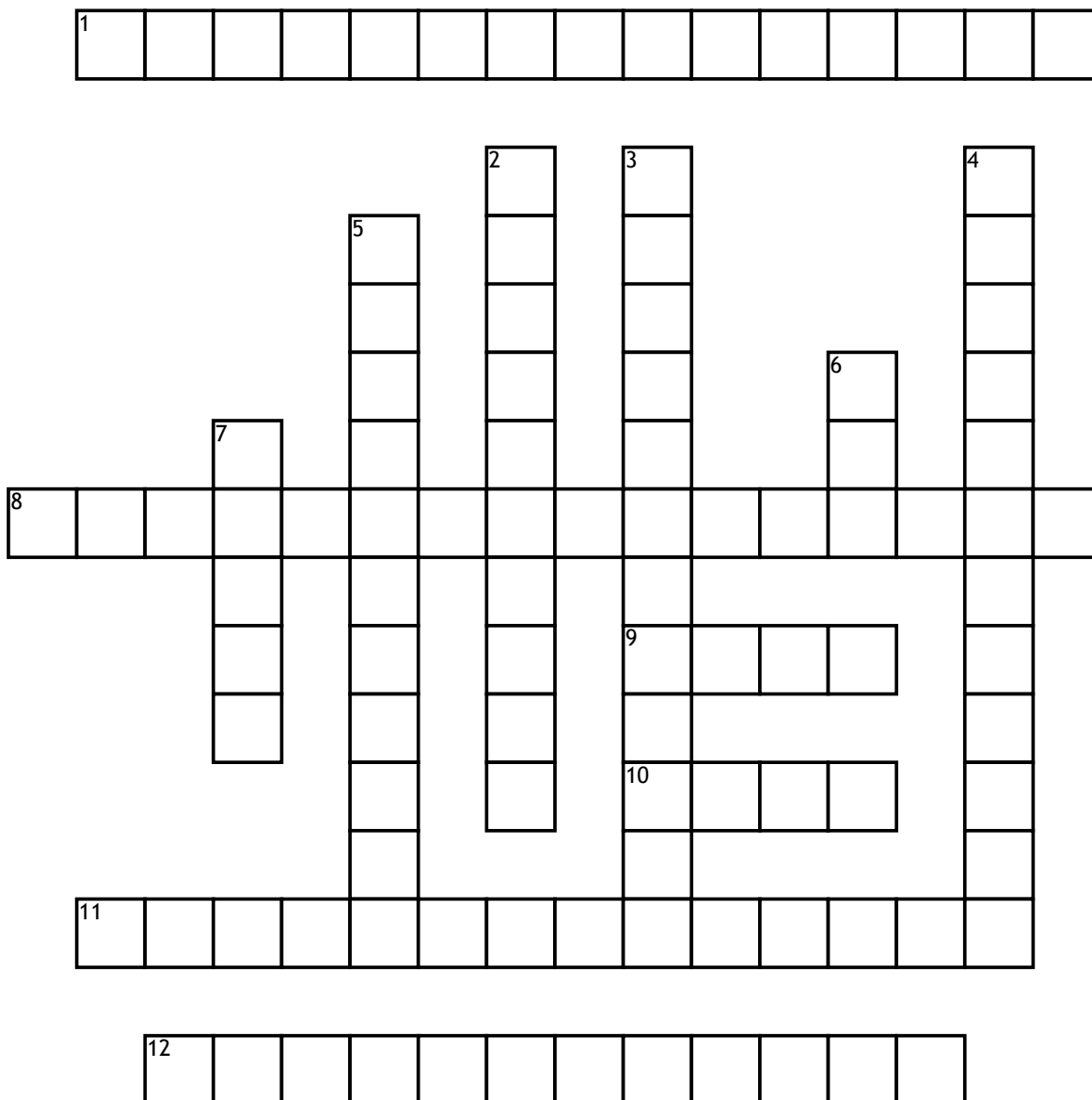


The Importance of Fibre



Across

- 1. Recommended daily intake of fibre for women below 50
- 8. Type of cancer that can be prevented by regularly eating fibre?
- 9. How much fibre in grams to be considered a fibre rich food?
- 10. Name for hard, outer layers of cereal grain?

- 11. Type of fibre that does not dissolve in water
 - 12. Consequence of insufficient fibre in the diet
- Down**
- 2. What does fibre pass through?
 - 3. Fibre that helps regulate blood sugar levels

- 4. Fibre is _____
- 5. When combined with a low-fat diet, fibre can lower blood...?
- 6. Which gender, over 50 needs 30g of fibre daily?
- 7. Fibre helps promote regular _____ movement