

Our need



FOR MORE FIBRE

Quorn provides around 6-12g of fibre per 100g

More fibre

HEALTH BENEFITS:

What is fibre?

Dietary fibre refers to **plant-based carbohydrates** which are **not digested in the small intestine** and so reaches the large intestine or colon.

Why do we need it?

- **Digestive health:** keeps the digestive tract flowing and increases good bacteria in our gut.
- **Weight maintenance:** increases satiety (fuller for longer) and tends to be less calorie dense.
- **Helps control blood sugar levels:** can slow the absorption of sugar and reduce risk of developing Type 2 diabetes.
- **Lower LDL cholesterol:** reduces risk of developing cardiovascular diseases.

WHAT DO WE NEED?



It's estimated that a whopping **90% of the population** aren't getting enough fibre.



Research has found **we should be eating at least 25g to 29g of fibre a day**, with indications that **over 30g is even better**. **Most people in the world manage less than 20g each day**. On average women consume about 17g and men 21g per day.



For **children 5 to 11 years**, the recommended daily intake is approx. **20g per day**.

Benefits of protein

HEALTH BENEFITS:

What is protein?

Proteins are **large molecules** made up of long **chains of amino acids**.

Why do we need it?

- Essential for **building, maintaining, and repairing the tissues in our body**: also needed to **make enzymes, hormones**, and other body chemicals.
- **Protein:** provides the body with **10 to 15% of its dietary energy** and is the **second most abundant compound in the body**, following water. Muscle forms (43%), skin (15%) and blood (16%).
- **Weight maintenance:** Increases satiety (fuller for longer) and tend to be less "energy dense".

WHAT DO WE NEED?



For **adults**, an average requirement of **0.8g of protein per kilogram of bodyweight per day**.



For **children**, the Reference Nutrient Intake is **0.1g of protein per kilogram of bodyweight per day**.



There are around **20 different amino acids** in plant and animal proteins. For adults, **9 of these have to be provided in the diet** and are therefore defined as 'essential'.



Mycoprotein is a high quality protein that contains **all 9 essential amino acids**.