

Curbing obesity with high-fibre snacks

THE Malaysian Association for the Study of Obesity (MASO) found a drastic increase in the consumption of fat and sugar between 1960 and 2000 but reported a decrease in fibre from cereals within the same time.

Such change in dietary pattern has a negative impact on overall health among adults and children. In fact, one in every seven children in Malaysia is affected by obesity.

The breakfast cereal paradox

Breakfast cereals are frequently referenced as an important source of nutrition in children's diet, but some data indicates that cereal eaters eat only 1g of fibre more than children who skip breakfast or consumed other breakfast foods⁽¹⁾.

Depending on the specific grain, breakfast cereals may also have relatively low-fibre density due to the added sugar and therefore do not effectively increase children's fibre intake levels.

In accordance to the Malaysian Dietary Guidelines for Children and Adolescents, it is highly advisable for everyone, especially parents to identify and give only cereal foods that are high in fibre density, and at the same time, low in fat and contains less sugar and sodium to their children.

Effects of fibre intake on children's health

The most obvious link between dietary fibre and obesity is through its effects on



The Biogrow Oat BG22 Crispy Cereal Snack Pack is packed with fibre. It is also a rich source of iron and magnesium.

energy intake control.

Children who eat a high-fibre diet tend to eat much lesser of the energy-dense foods such as candies, potato chips, chocolate bars and ice-cream.

High-fibre intake has been associated with bowel regularity and improved bowel function (EFSA NDA, 2010).

Increasing fibre consumption is the first treatment option by paediatric experts for chronic constipation in healthy children, before resorting to laxatives⁽²⁾.

Best high-fibre snack

Give your children the opportunity to savour fibre-rich foods such as Biogrow Oat BG22 Crispy Cereal Snack Pack in a variety of ways.

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Start their mornings with the high-fibre oat bran cereal with fresh fruits, milk and yogurt or eat straight from the packet as a healthy snack whenever your kid gets hungry.

One packet (15g) of Oat BG22 Crispy Cereal Snack Pack provides 3.3g of total fibre and 2g protein with only 51 calories. It is also a rich source of iron and magnesium.

For digestive health, take one or two

packets of Oat BG22 Crispy Cereal Snack Pack to increase your daily fibre intake with enough hydration.

Healthy eating and exercise should begin in childhood, especially in battling childhood and adulthood obesity.

It is never too late to start now and enjoy the goodness of oat fibre from Biogrow Oat BG22 Crispy Cereal Snack Pack.

References

- ⁽¹⁾ Kranz et al., Nutr vol. 3: 47-53, 2012.
- ⁽²⁾ Walia et. al., Curr Opin Pediatr. 2009;21:661-6.
- ⁽³⁾ M. Brauchla et. al., Health 6 (2014) 115-222.
- ⁽⁴⁾ Du H et. al., Am J Clin Nutr. 2010;91:329-36.

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