

#FiberFebruary

Do you eat
enough
fiber?



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What is **FiberFebruary**?

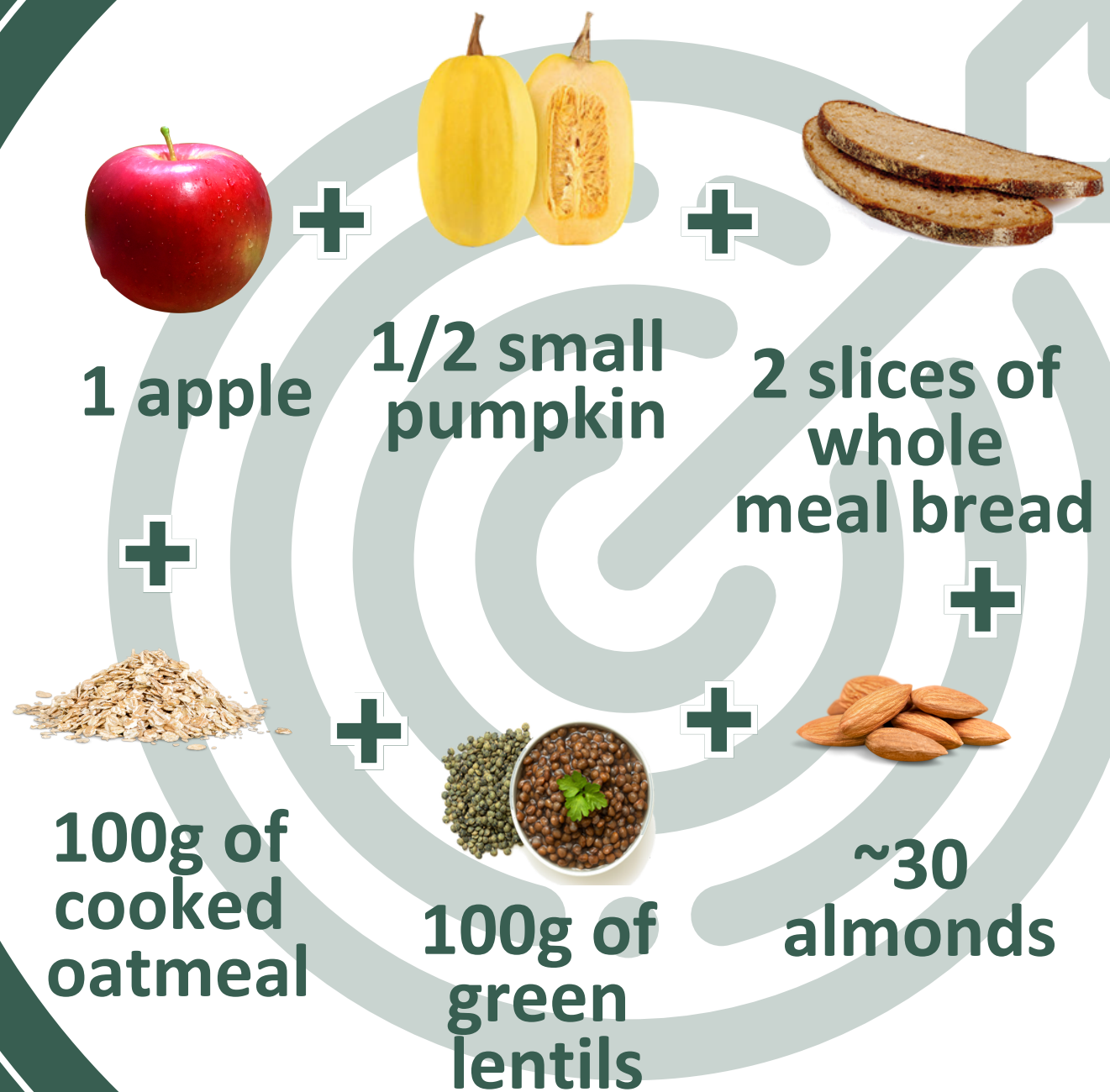
#FiberFebruary is a campaign aimed at raising awareness about the health benefits of fiber and encouraging people to incorporate more fiber-rich foods into their diets.



What is the fiber gap?

The **fiber gap** is the difference between the recommended daily intake of fiber and the actual fiber consumption.

Despite this growing interest in fiber,
we do not get enough fiber.



30g/day

average recommended
intake over Europe



Why should you eat fiber?



Promotes
digestive
health



Reduces the
risk of chronic
diseases



Helps
control
blood sugar
levels



Promotes
satiety

What can we offer?





NUTRIOSE[®]
soluble fiber

- ✓ Clinically proven health benefits
- ✓ Outstanding digestive tolerance
- ✓ Excellent process stability

NUTRIOSE[®] soluble fiber is the perfect complement
to your everyday well-being!



ROQUETTE

Offering the best of nature[™]