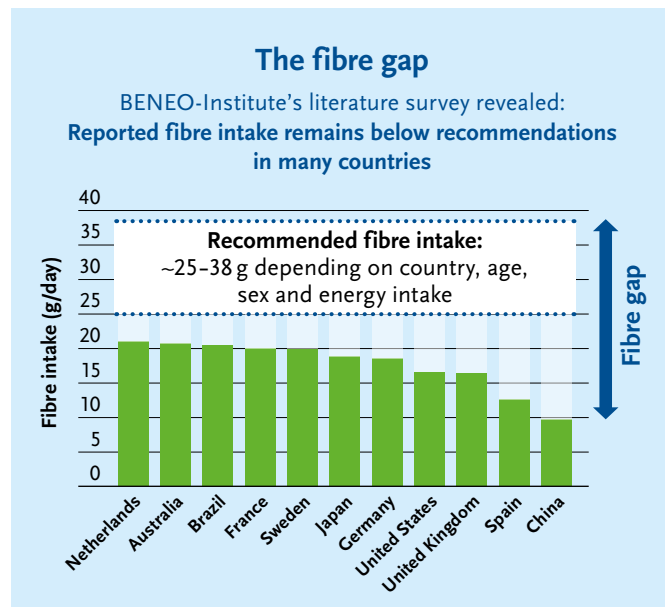




Mix to maximise: The power of fibre diversity

Dietary fibre is an essential part of a healthy diet, yet most people around the globe consume less than recommended. Increasing fibre intake is important to help close the fibre gap, but quantity is only part of the picture. Fibres differ in their properties and benefits, so fibre diversity matters too.

Why dietary fibre matters



Higher fibre intake supports health

Higher versus lower fibre intake is associated with lower risk of major non-communicable diseases:

- 24 %** lower risk of coronary heart disease
- 16 %** lower risk of colorectal cancer
- 16 %** lower risk of type 2 diabetes

Modest improvements in:

- Body weight
- Blood pressure
- Total cholesterol

Beyond fibre enrichment

Increasing fibre intake helps to close the fibre gap. Any fibre can contribute, while some fibres come with a 'PLUS'. Fibres like scFOS (short-chain fructo-oligosaccharides) or oligofructose combine 'more fibre' with 'less sugars' and fewer calories, helping improve the nutrient profile of foods. Whole grain flours naturally contain a valuable diversity of fibres, while selected fibres provide established health benefits, such as prebiotic microbiome support or heart-health benefits. BENEO offers a range of functional fibres that add nutritional value beyond fibre enrichment.



Orafiti® Inulin & Oligofructose

Proven prebiotics, naturally derived from chicory root, for microbiome support.



Orafiti® β-Fit

Whole grain barley flour with high beta-glucan content for heart health.

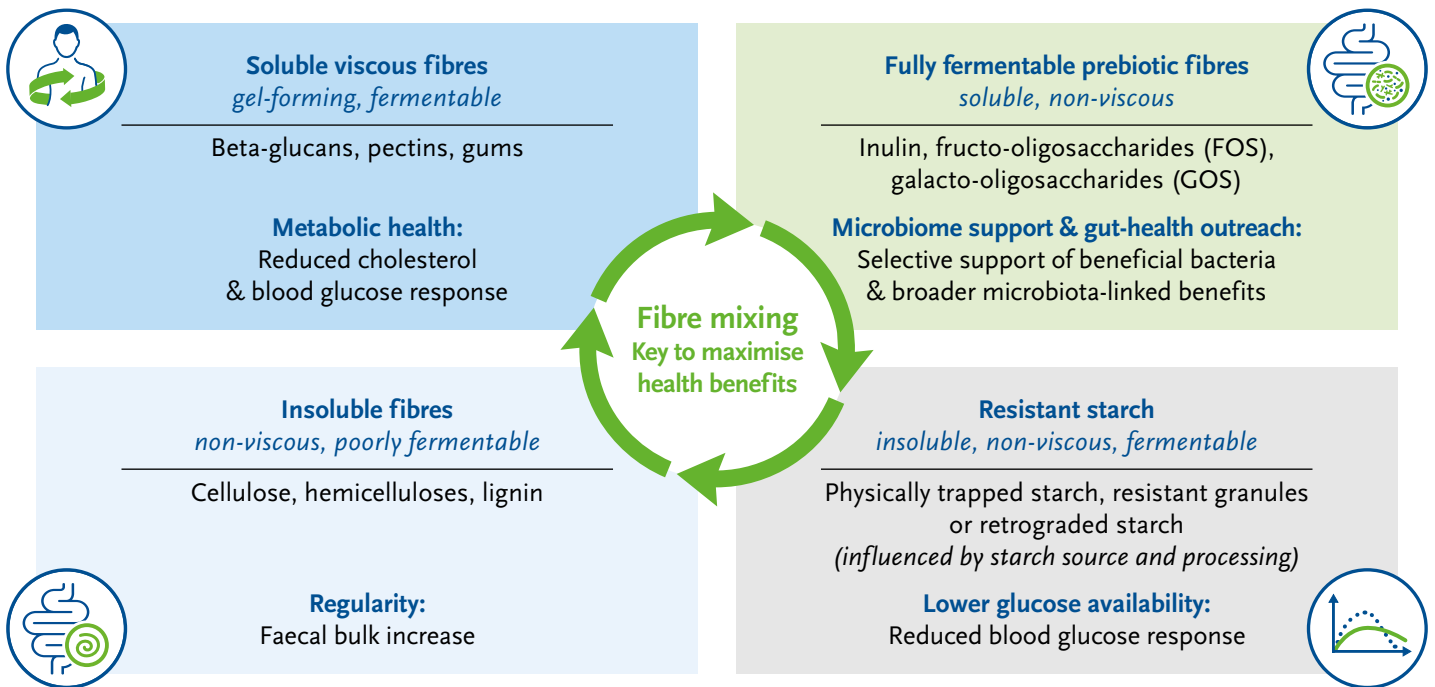


Beneo-scFOS

Dietary fibres produced from beet sugar for easy fibre enrichment.

Not all dietary fibres are alike

Dietary fibres from natural sources can vary widely in their functional properties and can be characterised in terms of solubility, viscosity and fermentability. These properties influence how fibres behave in the gastrointestinal tract and contribute to different physiological functions related to regularity, metabolic health and microbiome support.



BENEO fibre solutions in focus

 Prebiotic fibres from chicory root Orafti® Inulin & Oligofructose ✓ Made by nature with a long history of consumption ✓ Proven prebiotics: Most researched & best evidenced ✓ Selectively increase beneficial bacteria ✓ Improve gut health & bowel function ✓ Support blood glucose & weight management ✓ Benefit bone health, immunity & mental well-being	 Whole grain barley flour rich in beta-glucans Orafti® β-Fit ✓ Whole grain source of fibre ✓ Provides a mix of soluble and insoluble cereal fibres ✓ Rich in beta-glucans ✓ Improves appetite sensations ✓ Helps manage cholesterol & supports heart health ✓ Reduces blood glucose responses
 Beneo-scFOS ✓ Easy fibre enrichment ✓ Sugar & calorie reduction ✓ Lower blood glucose rise ✓ Improved nutrient profile	

A smart fibre strategy combines quantity and diversity

Closing the fibre gap remains the first priority. At the same time, choosing fibres with different properties and established physiological functions can broaden the nutritional value of fibre-enriched foods.



**More fibre matters.
The right mix matters too.**

BENEO-Institute Literature Survey on the "The Dietary Fibre Gap", first published in *Window to Science* 1/2011:pp30-41; last update 2026
Reynolds et al. (2019) *The Lancet*. 393:434–445

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