**Low Intake of Fibre**

1. Explore the 2 different types of fibre:

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| Type of fibre | Soluble fibre  | Insoluble fibre |
| Features | Absorbs water  | Does not absorb water |
| Food sources | Oats, fruits, vegetables, barley, seed husks, flaxseed, dried beans, lentils, peas, soy milk and soy products. | Peels of fruit and vegetables, wheat bran, corn bran, rice bran, nuts, seeds, dried beans and wholegrain foods. |
| Impact on body weight | Travel through the digestive system without being absorbed which promotes feelings of fullness. Low intake of soluble fibres can cause overeating and high BMI as well as more glucose being absorbed by the body. Slows digestion. | Travel through the digestive system without being absorbed, promoting feelings of fullness, therefore low intake may lead to overeat and high BMI. |
| Impact on cholesterol levels | Attaches to particles of LDL cholesterol and helps to excrete them, helping decrease levels of cholesterol in the body, reducing rates of morbidity and mortality from cardiovascular disease. Low intake shows to increase cholesterol absorption and risk of CVD. | Low intake has been shown to increase the rate of cholesterol absorption and the risk of cardiovascular disease. |
| Impact on colorectal cancer risk | Adds bulk to faeces and assists in keeping the digestive system clean. Low intake is associated with higher rates of morbidity and mortality from colorectal cancer. | Adds bulk to faeces and assists in keeping the digestive tract clean. Low fibre intake is associated with higher rates of morbidity from colorectal cancer.  |

1. How is this content related to the work you did on the under-consumption of fruit and vegetable?

If you under consume vegetable and fruits you may not get proper amounts of fibre that you need.

1. Explain 3 ways that under consumption of fibre can contribute to **Burden of Disease** in Australia:

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| Contributes to DALY associated with colorectal cancer and cardiovascular disease. |
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1. Explain 3 ways that over consumption of fibre can contribute to **Health Status** in Australia:

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| Increased morbidity and mortality rates from colorectal cancer and cardiovascular disease |
| Lower life expectancy and HALE |
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**Low Intake of Iron**

1. Exploring Iron:

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| Function of iron | Oxygen carrying part of blood.  |
| Food sources | Read meat, brown rice, eggs. |

1. Explain 1 way that under-consumption of iron can contribute to **Burden of Disease** in Australia:

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| YLD due to anaemia, especially among females of childbearing age. |

1. Explain 1 way that under-consumption of iron can contribute to **Health Status** in Australia:

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| Incidence and prevalence of anaemia, especially among females of childbearing age.  |

Complete Test your Knowledge question 3 and Apply your Knowledge questions 1-2 from section 3.7 of the text.

3a. Transportation of substances too and from the cells.
3b. Transporting oxygen and carbon dioxide/waste.

1. Females of childbearing age, because they have periods and lose blood every month, reducing levels of iron in their blood.

2. If an individual has a high intake of iron then there will be less cases of anaemia and feelings of tiredness, which may allow the individual to spend more time with friends, increasing their leisure time, helping them form meaningful relationships.