



# Digestive health





# Contents

- Digestive health
- The most common digestive ailments
- How to enhance digestive health?
- What is dietary fibre?
- What happens to dietary fibre in digestion?
- Why is it important to eat enough fibre?
- How to meet the fibre requirements?
- Valio OLO™ digestion yoghurt





# Digestive health

- Digestive health is a key contributor to the quality of everyday life.
- Everyone can improve digestive health through lifestyle and food choices.
- Some people have a naturally more sensitive digestive tract than others and it is irritated more easily e.g. by irregular meal times, a fast-paced lifestyle, or stress.



# The most common digestive ailments

- The normal functioning of the digestion can be disturbed by a number of different factors. Changes in diet, particular foods, a fast-paced lifestyle and stress, a lack of exercise and a variety of illnesses may affect digestion.
- The most common functional digestive ailments are constipation, diarrhoea and flatulence.





# How to enhance digestive health?

- See that you eat enough fibre.  
The recommendation intake for adults is 25–35 g per day.
- Drink sufficient amount of fluids during the day.  
Around 1.0–1.5 litres per day.
- Take your time while eating – don't eat too fast.
- Remember to get enough exercise, at least half an hour every day. Get exercise on a daily basis activities.
- Take time out for yourself and for relaxation every day.





## What is dietary fibre?

- Dietary fibre is defined as carbohydrate that is not digested in the upper parts of the digestive tract. The main types of dietary fibre are:
  - Polysaccharides of non-starch origin: cellulose, hemicellulose, pectin, and other hydrocolloids
  - Resistant oligosaccharides: fructo-oligosaccharide, galacto-oligosaccharide (GOS), other resistant oligosaccharides
  - Resistant starch: starch that is not degraded in digestion
  - Lignin



## What happens to dietary fibre in digestion?

- Dietary fibre passes through the upper digestive tract, without essential changes, to the large intestine.
- In the large intestine, microbes ferment the dietary fibre i.e. use it as nutrition. How much of the dietary fibre is fermented depends on the type of fibre.
- Microbes ferment less grain fibre and more e.g. oligosaccharides.
- Fermented dietary fibre increases the quantity of health-promoting bifidobacteria in the gut.



# Why is it important to eat enough fibre?

- A sufficient intake of dietary fibre is known to have many beneficial and important health effects, such as
  - Maintenance of normal bowel function
  - Balancing the blood glucose level
  - Growth of beneficial gut microbiota
  - Helps in weight management
  - Protects against cardiovascular diseases and decreases the risk of type 2 diabetes



# How to meet the recommended fibre intake ?

Example of the recommended fibre intake :

A portion of 4-grain porridge	3 g
5 slices of high fibre bread	13 g
1 cup (125 g) of Valio OLO™ digestion yoghurt	5 g
1 apple	2 g
1 dl of pea-corn-pepper mixed vegetables	1.5 g
2 dl of iceberg lettuce	0.5 g

Total 25 grams of fibre





## Valio OLO™ digestion yoghurt

- Valio OLO™ digestion yoghurt is made from fresh Finnish milk.
- It is **high in fibre** and contains a patented Valio probiotic combination.
- A delicious and easy way to increase fibre intake.





## High in fibre

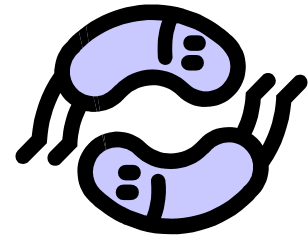
- Valio OLO™ digestion yoghurt is high in fibre which enhances digestion and bowel function.
- Valio OLO™ digestion yoghurt contains corn-based polydextrose fibre and milk-based galacto-oligosaccharide (GOS) fibre.
- The fibres are gluten free.
- One cup contains a fifth of the recommended daily intake of fibre (25–35 g).





## The probiotic combination

- Valio OLO™ digestion yoghurt contains Valio's patented probiotic combination of *Lactobacillus rhamnosus* GG, *Lactobacillus rhamnosus* Lc705, *Propionibacterium freudenreichii* JS, and bifidobacterium Bb-12.





# Product family

- All flavours are low lactose products
- High in fibre
- Fortified with vitamin D 1 µg/100 g
- No additives
- Ideal for people of all ages





## Recommended daily serving size

- A recommended serving size of Valio OLO™ is 1 cup per day, which provides one fifth of the daily requirement of fibre, as part of a varied diet and healthy lifestyle. The effects of fibre are individual.
- Try it for around 14 days. The effects are individual. Consumer experience shows that most people get the benefit within 14 days.





THANK YOU!