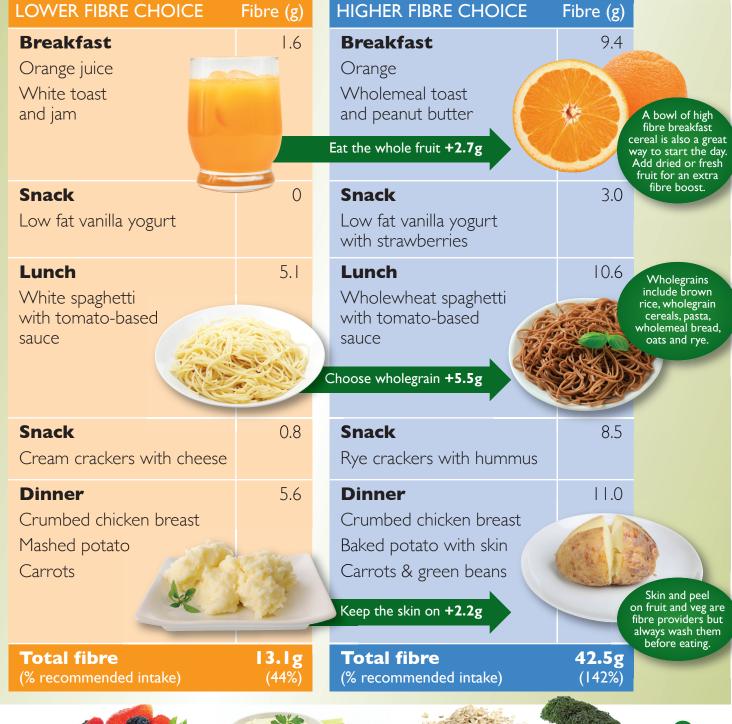
THE FUN WAY TO FIBRE!

Did you know?

Getting enough fibre can help reduce the risk of heart disease, type 2 diabetes and bowel cancer, and can also improve digestive health.

Many people don't get enough fibre. In the UK, the average daily intake of fibre for adults is about 19g. Aim for at least 30g a day.





For more fascinating facts about fibre visit the BNF website http://www.nutrition.org.uk/healthyliving/basics/fibre.html

