







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.

LOWER FIBRE CHOICE	Fibre (g)	HIGHER FIBRE CHOICE	Fibre (g)
Breakfast Orange juice White toast and jam 	1.6	Breakfast Orange Wholemeal toast and peanut butter 	9.4
Snack Low fat vanilla yogurt	0	Snack Low fat vanilla yogurt with strawberries	3.0
Lunch White spaghetti with tomato-based sauce 	5.1	Lunch Wholewheat spaghetti with tomato-based sauce 	10.6
Snack Cream crackers with cheese	0.8	Snack Rye crackers with hummus	8.5
Dinner Crumbed chicken breast Mashed potato Carrots 	5.6	Dinner Crumbed chicken breast Baked potato with skin Carrots & green beans 	11.0
Total fibre (% recommended intake)	13.1g (44%)	Total fibre (% recommended intake)	42.5g (142%)

Eat the whole fruit **+2.7g**

Choose wholegrain **+5.5g**

Keep the skin on **+2.2g**

A bowl of high fibre breakfast cereal is also a great way to start the day. Add dried or fresh fruit for an extra fibre boost.

Wholegrains include brown rice, wholegrain cereals, pasta, wholemeal bread, oats and rye.

Skin and peel on fruit and veg are fibre providers but always wash them before eating.



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