

**BNF's fibre tips**



# Fibre up your life!

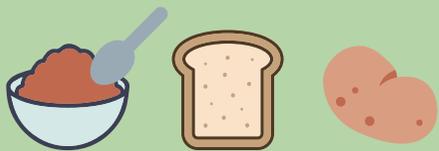
For good health we need 30 grams a day - on average we're only getting 18 grams a day so we need to eat more!

BNF provides easy ways to increase your intakes this summer. Why not fibre up your **breakfast**, **BBQ** and **salad**?



## DID YOU KNOW?

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



**Fibre up!**

## Fibre up your breakfast

Mix it up! Include different fibre sources: fruit and veg, pulses, wholegrains, nuts and seeds



Base	Add	Extras
Oats	→ Lower fat milk	→ Berries
Wholegrain bread	→ Nut butter	→ Sliced apple
Wholemeal pancakes	→ Low fat yogurt	→ Banana and pecans
Black beans	→ Scrambled eggs	→ Avocado

- Sprinkle with nuts and seeds!
- Try sliced pear instead!
- Add some chopped figs!
- Try with a wholemeal wrap!

**Wholegrains**  
Fibre...  
+ B vitamins and folic acid  
Antioxidants

**Nuts and seeds**  
Fibre...  
+ Protein  
Unsaturated fats

**Fruit**  
Fibre...  
+ Vitamin C  
Folate  
Potassium

**Beans and pulses**  
Fibre...  
+ Protein  
Vitamins  
Minerals

## It's not just about quantity...

Your diet should be varied and balanced. A variety of fibre-rich foods may help promote the diversity of your gut bacteria.





# Fibre up your BBQ

Mix it up! Include different fibre sources: fruit and veg, pulses, wholegrains, nuts and seeds



## The main event

- Corn on the cob
- Spicy falafel burger
- Baked potatoes (sweet or regular)
- Cauliflower steak



## Veg or pulse side

- Succotash (sweetcorn and broad beans)
- Salsa
- BBQ beans
- Lemon and mint grilled courgettes
- New potatoes



## BBQ your fruit

- Grilled pineapple
- Bananas sprinkled with cinnamon
- Grilled watermelon
- Apples stuffed with chopped dried fruit



Did you know... on average in the UK we eat 19g fibre a day, when we should be eating 30g a day

Eating plenty of fibre is associated with a lower risk of **heart disease, type 2 diabetes and bowel cancer**



# Fibre up your salad

Mix it up! Include different fibre sources: fruit and veg, pulses, wholegrains, nuts and seeds



## Grains and more

- Brown rice
- Freekeh
- Bulgur wheat
- Wholewheat pasta
- New potatoes



## Veg

- Sugar snap peas
- Sweetcorn
- Peppers
- Cucumber
- Carrots
- Green beans
- Beetroot
- Tomatoes



## Protein

- Chickpeas
- Mixed beans
- Soya beans
- Lentils
- Cannellini beans
- Tuna
- Chicken
- Feta cheese



## Extras

- Dried fruit
- Fresh fruit
- Fresh herbs
- Nuts
- Seeds

**Jewelled freekeh** with dried apricots, cucumber, yellow pepper, sundried and cherry tomatoes

**Fantastic fibre!**

**Brilliant bulgur wheat** with sultanas, carrots, pumpkin seeds, hazelnuts and feta cheese with lemon juice and a drizzle of olive oil

**Super seeds!**

**Mack and beets** Smoked mackerel, beetroot, green lentils & mixed salad leaves with horseradish and half-fat creme fraiche

**Valuable vitamin D!**

**Med pasta salad** with chicken, red onion, peaches, walnuts and basil with black pepper and a drizzle of olive oil

**Nicely nutty!**

## We may not like to talk about it but...

constipation is a common condition and can affect anyone. A diet high in fibre can help you have regular bowel movements. Don't forget to drink plenty of fluid and be physically active too.

## Food swaps, fibre gains....

### Swap:

- White bread for wholemeal bread (2 slices) = 3.0 g
- White pasta for wholemeal pasta (av. portion) = 5.5 g
- Orange juice (150 ml) for a whole orange = 1.9 g