

Higher fibre

Q. How much fibre do we need?

A. 30g a day

Most adults only manage around 17g per day.

5 tips to get more fibre in your diet

1. Eat at least 5 portions of fruit and veg every day – ideally more.
2. Make wholegrains the rule and refined grains the exception i.e. choose brown not white.
3. Choose a high fibre cereal or wholemeal toast as the best breakfast choice.
4. Replace meat in casseroles and stews with beans (e.g. kidney beans or chickpeas) and lentils to cut calories and increase fibre.
5. Include extra pulses in home-made soup e.g. pea and ham, lentil or minestrone soup with a mix of beans.

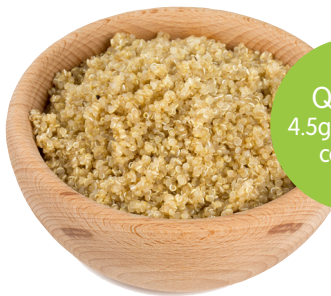
10 good sources of fibre



Oats
4g per 50g
portion



Apples
1.2g per 120g
apple



Quinoa
4.5g per 125g
cooked



Baked
potato
5.2g per 200g
potato



Flaxseed
4.6g per
15g milled



Dried
apricots
2.0g per 30g
portion



Wholegrain
Rye bread
4.6g per 50g
slice



Shredded
Wheat
5.4g per 2
biscuits



Kidney
beans
6.7g per 100g



Mixed
nuts
2.2g per 30g
portion