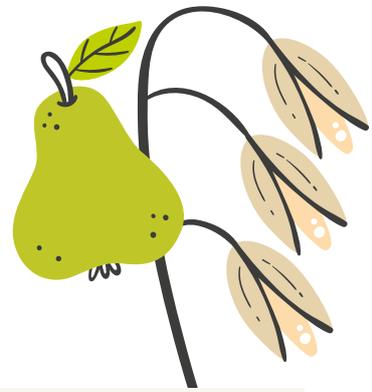


# THE FACTS ABOUT FIBRE



## WHAT IS FIBRE?

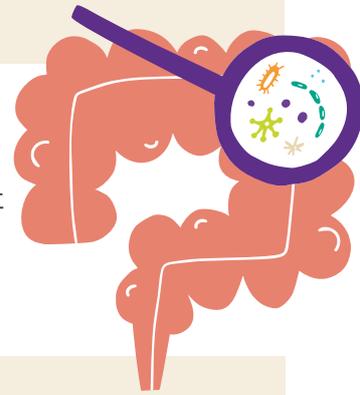
Fibre is a type of carbohydrate that can't be fully digested in your gut. It is found naturally in plant-based foods such as vegetables, fruit, wholegrains (like wholewheat pasta), pulses (beans, peas and lentils), and unsalted nuts and seeds.

Healthier diets are generally higher in fibre as they include more plant-based foods. These types of food also provide a range of different vitamins and minerals.

## WHY IS A FIBRE-RICH DIET IMPORTANT FOR YOUR HEALTH?

It helps to:

- ✓ Move your poos through your bowel quicker, which helps to prevent constipation
- ✓ Keep you feeling fuller for longer on fewer calories, to help maintain a healthy weight
- ✓ Support your gut health – fibre feeds the good bacteria in your gut
- ✓ Reduce the risk of bowel cancer, cardiovascular disease, and type 2 diabetes



## WHAT FOODS ARE A GOOD SOURCE OF FIBRE?



- ▶ Wholegrain breakfast cereals, such as porridge oats, shredded wheat, wheat biscuits, and bran flakes
- ▶ Wholewheat pasta, wholemeal bread, brown rice, barley and rye
- ▶ Potatoes with skin
- ▶ Vegetables and fruit (fresh, dried, tinned or frozen)
- ▶ Pulses such as beans, peas, and lentils (dried, tinned or frozen)
- ▶ Unsalted nuts and seeds



## HOW DO I KNOW HOW MUCH FIBRE FOOD CONTAINS?

Most pre-packaged foods have a nutrition label on the packaging, which tells you how much fibre the food has. A food is a 'source of' fibre if it has at least 3g of fibre per 100g, and is 'high in' fibre if it has more than 6g per 100g. Look for foods that are labelled 'source of fibre' or 'high in fibre' on the front of food packs.

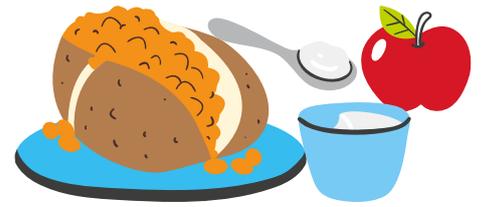
## HOW MUCH FIBRE SHOULD I HAVE A DAY?

The current recommendation is that adults should eat 30g of fibre a day. However, most of us don't manage to meet this target.

From age two to 16, the recommended amount of fibre is lower.



## HOW TO REACH 30G OF FIBRE A DAY – AN EXAMPLE



### BREAKFAST

40g bran flakes with semi-skimmed milk (**6g fibre**)  
 30g nuts (**2.1g fibre**)  
 80g strawberries (**1g fibre**)  
 1 banana (**1.4g fibre**)

### LUNCH

Two thick slices of wholemeal bread (**6.4g fibre**)  
 Small tin of tuna (80g) (**0g fibre**)  
 100g salad (lettuce, red onion, cucumber, and tomato) (**1.8g fibre**)

### DINNER

1 baked potato with skin – 220g or the size of your fist (**5.7g fibre**)  
 200g or half a tin no added sugar baked beans (**7.4g fibre**)  
 No added sugar yoghurt (**0g fibre**)  
 1 apple (**1.2g fibre**)

## HOW TO EAT MORE FIBRE



- ▶ Choose a high-fibre breakfast cereal. Adding chopped fruit (fresh or dried), seeds and/or nuts to your cereal can boost the fibre content

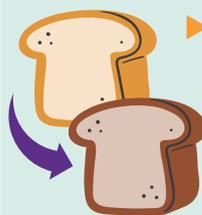
- ▶ When baking, swap white flour for wholemeal flour



- ▶ Add pulses like beans, lentils or chickpeas to stews, curries, sauces, soups, and salads



- ▶ For snacks, opt for fruit, vegetable sticks with hummus, rye crackers or oatcakes with low-fat soft cheese, or a handful of unsalted nuts



- ▶ Swap staple items like white bread, pasta and flour for brown, wholemeal varieties



- ▶ Have a variety of at least five portions of fruit and veg each day – keep a supply of frozen fruit and veg

- ▶ Include plenty of veg with meals, either as a side dish or added to sauces, stews, curries, and soups



- ▶ Leave the skin on fruit, veg and potatoes



Remember to increase your fibre intake gradually to help your body adjust.

Drink plenty of fluids throughout the day as you increase your fibre intake (around 6-8 glasses each day for adults). This helps fibre to do its job properly.



**x6-8**

For any enquiries or to request the information in large print, please contact us:  
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