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 your breakfast

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

<table>
<thead>
<tr>
<th>Base</th>
<th>Add</th>
<th>Extras</th>
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</thead>
<tbody>
<tr>
<td>Oats</td>
<td>Lower fat milk</td>
<td>Berries</td>
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<tr>
<td>Wholegrain bread</td>
<td>Nut butter</td>
<td>Sliced apple</td>
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<tr>
<td>Wholemeal pancakes</td>
<td>Low fat yogurt</td>
<td>Banana and pecans</td>
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<tr>
<td>Black beans</td>
<td>Scrambled eggs</td>
<td>Avocado</td>
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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.
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