

## Fantastic fibre hamper list

Why not host a Fantastic fibre hamper competition or prize draw? Put together a hamper of fibre providing foods using these ideas.

Food	✓
Beans (canned in water), e.g. cannellini, black beans, pinto	
Baked beans (reduced sugar and salt)	
Green lentils (canned in water)	
Puy lentils (ready to eat pouch)	
Red lentils (dried)	
Green or yellow split peas (dried)	
Chickpeas (canned in water)	
Oatcakes	
Rye crackers	
Porridge oats	
Wholegrain lower sugar breakfast cereals, e.g. bran flakes	
Wholemeal bread, e.g. pittas, wraps, rolls.	
Wholewheat pasta, e.g. spaghetti, fusilli, penne	
Plain and unsalted nuts, e.g. cashew, walnut, almonds	
Plain and unsalted seeds, e.g. sunflower, pumpkin	
Dried fruit, e.g. apricots, figs	

To find a hamper winner, you could:

- make the hamper a prize for participation in a fibre related activity;
- take guesses on the hamper item that provides the most fibre per 100g (the closest guess wins);
- pick a colleague's name from a hat!

Share a photo of your Fantastic fibre hamper (or your winning colleague!) on twitter @NutritionOrgUK #HEW22 or email your photos to us at [postbox@nutrition.org.uk](mailto:postbox@nutrition.org.uk)