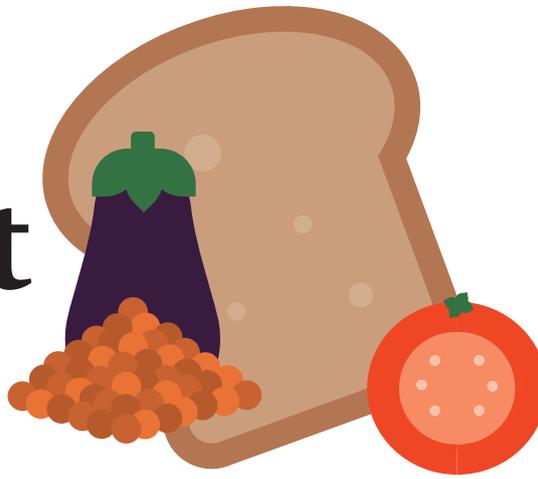


Build a brilliant snack



Create your own fibre packed snack!

Choose your wholegrain base



For example: wholemeal bread, oatcake, rye crispbread.

Useful equipment

- Chopping board
- Vegetable knife
- Table knife
- Grater

Spread on your fibre provider topping



For example: reduced fat hummus, mashed avocado, salsa (choose a lower salt option).

Top fibre tips!

Wash your carrots but leave the skin on for an extra fibre boost!

Add plenty of fruit or veg toppings!

Finish with vegetables (or fruit!)



For example: grated carrot, sliced tomato or cucumber.



Share your creations on twitter
@NutritionOrgUK #HEW23
or email them to us at
postbox@nutrition.org.uk