

Focus on fibre



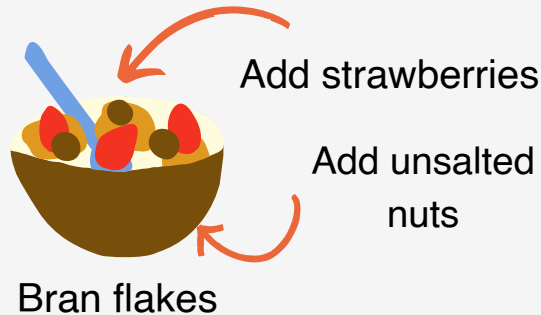
Adults should aim to have at least 30g of fibre a day - but on average we're only eating 19g a day so we need to eat more!

Try these simple ideas to increase your fibre intake!

Did you know...



Breakfast



Amount of fibre
= 10g

Eating plenty of fibre helps keep your gut healthy and can reduce the risk of heart disease, stroke, type 2 diabetes and bowel cancer.

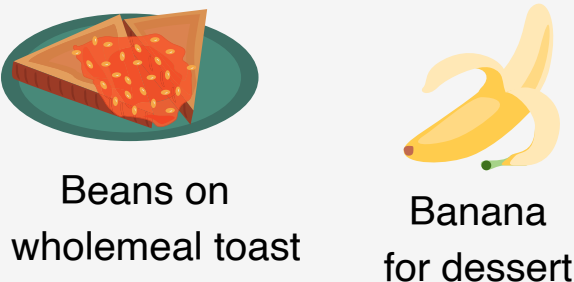
Snacks




= 5g

A plant-rich diet can help you increase your fibre intake and can help ease the environmental pressures on the global food system.

Lunch



= 14g

Wholegrain options like  supermarket's own-brand bread and pasta are often the same price as white versions so they can be budget-friendly.

Evening meal



= 12g

Total fibre = 41g

Based on average portions sizes

