

# The fun way to fibre

Many people don't get enough fibre. In the UK, the average daily intake of fibre for adults is about 19g. Aim for at least 30g a day!

Getting enough fibre can help reduce the risk of heart disease, type 2 diabetes, and bowel cancer, and can also improve digestive health. Some good sources of fibre include, fruits, vegetables, pulses, nuts and seeds, potatoes with skin, and wholegrains such as oats, barley and rye.



Fibre Boosts

Lower fibre choice	Fibre (g)	Higher fibre choice	Fibre (g)
<b>Breakfast</b> Orange juice White toast (2 slices) with jam	1.6	<b>Breakfast</b> Orange Wholemeal toast (2 slices) with peanut butter	8.3
Eat the whole fruit +1.9g			
<b>Snack</b> Low fat plain yogurt	0	<b>Snack</b> Low fat plain yogurt with strawberries and almonds	5.5
		+ Nuts	
<b>Lunch</b> White spaghetti with tomato-based sauce	3.9	<b>Lunch</b> Wholewheat spaghetti with lentil and tomato-based sauce	10.9
Choose wholegrain +4.5g			
<b>Snack</b> Cream crackers with Cheddar cheese	0.9	<b>Snack</b> Rye crackers with houmous	8.5
		+ Pulses	
<b>Dinner</b> Grilled chicken breast, mashed potato, and carrots	4.7	<b>Dinner</b> Grilled chicken breast, baked potato with skin, carrots, and green beans	11.2
Keep the skin on +3.2g			
<b>Total fibre:</b> 11.2g		<b>Total fibre:</b> 44.4g	
(% recommended intake): 37%		(% recommended intake): 148%	

