

# FIBRE

## HOW TO INCLUDE MORE IN OUR MEALS

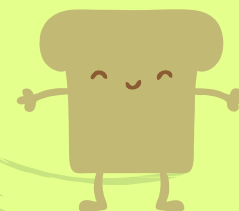


Fibre is a type of carbohydrate that's found in plant-based foods. It's not absorbed or digested by the body, but helps to lower cholesterol and blood pressure; improves gut health and having regular poo's; its even ben linked to improved immune response.

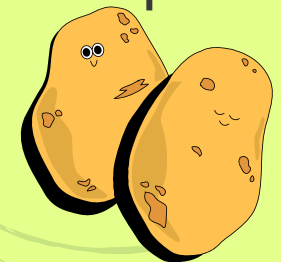
1. Add nuts and seeds to meals and snacks



2. Choose wholegrain options such as brown pasta, bread and cereals.



3. Don't peel the skin of potatoes or fruit when possible



4. Add pulses like beans, lentils or chickpeas to stews, curries and salads.



5. Mix vegetables with your meals such as in stews, curries, side dishes or colourful looking salads



Scan the QR code to find more ideas on how to motivate your family to eat more fibre with VEGPOWER



Created by the Healthy Lifestyle subgroup of North West and South East Coast and London CYP Network



# FIBRE

## ~NEWSLETTER 1~



### WHAT IS FIBRE?

Fibre is the carbohydrate in plant-based foods that we don't digest. They are also pre-biotics that feed the good bacteria in our gut.

**A DAY THAT MEETS  
ADULT FIBRE NEEDS:  
30-35G FIBRE**



Porridge with fruit, nuts or seeds

5g fibre



Jacket potato with beans and an apple

14g fibre



Lentil & vegetable curry with brown rice

13g fibre



Choose yoghurt, nuts or seeds, veg sticks and fruit as desert or snack between meals

1.5g fibre



2.5g fibre



4g fibre



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# FIBRE

## ~NEWSLETTER 1~



### WHY IS FIBRE IMPORTANT IN OUR DIET?



- It helps us have healthy, regular poos
- It feeds good bacteria in our gut (pre-biotic)
- Helps our immune system prevent illness
- Keeps our gut healthy
- It supports a healthy blood pressure for better heart health.

How much do you know about fibre?  
Check out this quiz to find out! →



# FIBRE

## ~NEWSLETTER 2~



### HOW MUCH FIBRE SHOULD I EAT?

2- 4 years = 15g per day  
5-10 years = 20g per day  
11-14 years = 25g per day  
15yrs + = 30g per day

**Most of us are not eating anywhere near enough.**

**Children and teenagers only eat 15g and adults only 18g per day!**



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# FIBRE

## ~NEWSLETTER 2~



### SOURCES OF FIBRE



Wholegrain breads and cereals  
1 slice seeded bread = 2.5g fibre  
1 Weetabix = 2g fibre



Beans and lentils  
One of your 5-a-day  
1/2 tin beans = 8g fibre



Nuts and seeds in meals or as a snack  
1 tablespoon = 2.5g fibre



1 handful of:  
Vegetables = 3g fibre  
Berries = 1.5g  
1 apple = 2.5g  
Try having 5-a-day!

Check out this link to find some tasty ways of adding veg to your meals!



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# FIBRE

## ~NEWSLETTER 2~



### HOW TO CHECK THE FIBRE CONTENT

**On the label, per 100g  
More than 3g = a source of fibre  
More than 6g is high fibre  
This product is high in fibre**



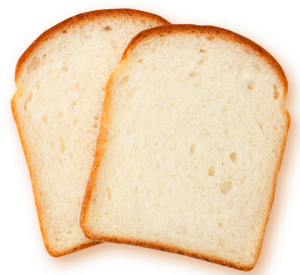
Typical Values	Per 100g
Energy	1566 kJ
-	371 kcal
Fat	5.8g
(of which saturates)	1.0g
Carbohydrate	64g
(of which sugars)	0.9g
<b>Fibre</b>	8.3g
Protein	11g
Salt	< 0.01g

# FIBRE

## ~NEWSLETTER 3~



### MAKING HIGH FIBRE SWAPS



Swap white bread, with wholemeal or have a wholegrain cereal



Instead of cakes / biscuits try fruits, oat or wholegrain cereal bars



Swap crisps to popcorn, nuts or veg sticks and hummus



Change white rice to brown or add lentils to basmati rice



For more healthy swaps, check out the Change4Life website



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