



# FIBRE

~Nutrition newsletter~ Vol 2

## HOW MUCH FIBRE SHOULD WE 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!

## 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!



SCAN ME