HEALTH PROMOTION PROJECT South East Coast & London + North West Dietitian Network

Fibre – Social Media









Digibete / social media: month 1

Below are 3 posts for the health promotion Topic of Fibre. Each newsletter has a picture for the list image and an image for the content Below are instructions for digibete, These should be posted to Digibete in month intervals. Link to digibete app: https://app.digibete.org/login You can do these all at the same time and schedule a time for them to be posted. If not using digibete the app the content and images here can be used for any social media.

News Title:

What is Fibre? - Healthy Lifestyles Campaign

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

For the next 3 months we are focusing on dietary fibre and how this relates to health

Fibre is the carbohydrate in plant-based foods that we don't digest. How much do you Know about Fibre? Take this Quiz

Why Is Fibre Important in our Diet?

- •It helps us have healthy, regular poo's
- •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.

Click here for more information on how Fibre is good for you gut health

Post Image:

- Click add image

Right Click on the second image opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page.

Attachments or further reading: (Additional Files or links)

- Download Newsletter one from the CYP Diabetes Network page
- Click Add File, Name: Fibre Newsletter 1
- Drag and drop the file from the location you saved it on your drive

List Image







Porridge with fruit, nuts or seeds

Post Image 1

WHY IS FIBRE IMPORTANT IN OUR DIET?

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Post Image 2 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



Jacket Potato with Lentil & vegetable beans and an apple Curry with brown rice

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





2.5g Fibre



4g Fibre

5g Fibre

14g Fibre

13g Fibre



Digibete / social media month 2

News Title:

How much fibre should we eat? - Healthy Lifestyles Campaign

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

We are focusing on why fibre. Last month we talked about what fibre is and why its good for your health. Scroll back through the posts to see.

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

> BUT children and teenagers only eat 15g and adults only 18g per day! Most of us are not eating anywhere near enough

Sources of Fibre:

- •Wholegrain bread and most whole grain cereals
- Oats
- •Beans and lentils (pulses)
- •Nuts and seeds, as a snack or part of a meal or nut butter.
- Vegetables
- Fruits with the skins left on and berries.

NHS live-well has guidance on how to increase your fibre intake

Find some tasty ways of adding veg to your meals at this link.

Post Image:

Click add image

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- Click Add File, Name: Fibre Newsletter 2
- Drag and drop the file from the location you saved it on your drive

DON'T FORGET TO CHANGE THE PUBLISH DATE TO 1 month after your previous post

List Image



Post Image 1

HOW MUCH FIBRE SHOULD WE EAT?

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Most of us are not eating anywhere near enough.

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

Post Image 2

SOURCES OF FIBRE

Wholegrain breads & cereals

slice seeded bread = 2.5g Fibre 1 wheetabix = 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 table spoon = 2.5g Fibre



1 handful of: Vegetables = 3g Fibre Berries = 1.5g 1 apple = 2.5g

Try having 5-a-day!





Digibete post Three

News Title: Food swops to increase fibre - Healthy Lifestyles Campaign

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

We are focusing on Fibre . In the previous posts we have talked about what fibre is, how much fibre we should eat and why it is good for you. Scroll back through the posts to see which foods are high in fibre.

How to check the fibre content:

Look on the back of a label for Fibre, per 100g More than 3g = a source of fibre (Good) More than 6g is high fibre (Great)

Can You Swop It?

Making small changes to your food choices can increase the fibre content of your diet. Could do you try at of the below suggestions at home?

Swop White bread, with wholemeal or have a whole grain cereal Instead of cakes / biscuits try veg sticks and hummus or fruits Swap crisps for popcorn or nuts Change white rice to brown or basmati rice or add lentils

For more healthy Swops check out the Change4Life website.

Click add image

Right Click on the second image opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page.

Attachments or further reading: (Additional Files or links)

- Download Newsletter one from the <u>CYP Diabetes Network page</u>

- Click Add File, Name: Fibre Newsletter 3
- Drag and drop the file from the location you saved it on your drive

DON'T FORGET TO CHANGE THE PUBLISH DATE TO 1 month after your previous post

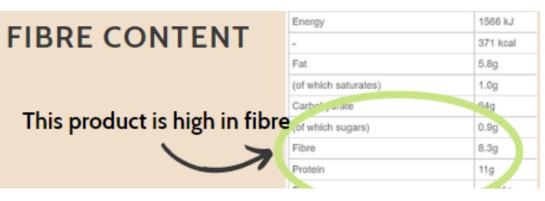
Post Image 1

HOW TO CHECK THE FIBRE CONTENT

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

List Image





Post Image 2

