

# 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

## Post Image 1



### WHY IS FIBRE IMPORTANT IN OUR DIET?

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## List Image



## 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



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 snacks between meals



1.5g Fibre



2.5g Fibre



4g Fibre



# Digibet e / 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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## Attachments or further reading: (Additional Files or links)

- Download Newsletter one from the [CYP Diabetes Network page](#)
- 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.

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## Post Image 2

SOURCES OF FIBRE	
 <p>Wholegrain breads &amp; cereals 1 slice seeded bread = 2.5g Fibre 1 wheetabix = 2g Fibre</p>	 <p>1 handful of: Vegetables = 3g Fibre Berries = 1.5g 1 apple = 2.5g</p> <p>Try having 5-a-day!</p> 
 <p>Beans and Lentils One of your 5-a-day 1/2 tin beans = 8g Fibre</p>	
 <p>Nuts and Seeds in meals or as a snack 1 table spoon = 2.5g Fibre</p>	



# Digibet e post Three

## Post Image 1

### News Title:

Food swaps 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 Swap 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 [CYP Diabetes Network page](#)

- 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**

## 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

Energy	1566 kJ
	371 kcal
Fat	5.8g
(of which saturates)	1.0g
Carbohydrate	64g
(of which sugars)	0.8g
Fibre	8.3g
Protein	11g

## List Image



## Post Image 2

