

# FIBRE

## How to include more in our meals

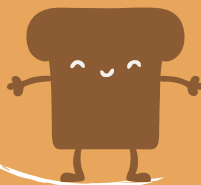


Fibre is a type of carbohydrate that's found in plant-based foods. It's not absorbed or digested by the body but helps to lower cholesterol and blood pressure, improves gut health and having regular poos; it's even been linked to improved immune response.

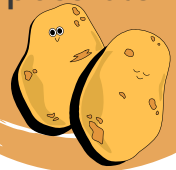
Add nuts and seeds to meals and snacks



Choose wholegrain options such as brown pasta, bread and cereals



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



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



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

Add vegetables to your meals for example; stews, curries, side dishes or colourful looking salads

