



FIBRE

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



WHY IS FIBRE IMPORTANT IN OUR DIET?

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

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



SCAN ME