



FOCUS ON FIBRE!

What is Fibre?

Fibre is a plant-based carbohydrate that is found in fruit, veg, wholegrains, pulses, beans, nuts and seeds. Fibre passes through our mouth, stomach and small intestine undigested as we don't have the enzymes to break it down. In the stomach, soluble fibre absorbs water and bulks up food, leading to a feeling of fullness. It is then fermented by bacteria in the large intestine. Insoluble fibre passes through your body largely unchanged but helps to add bulk to your stools.

How can you increase your fibre intake?

Only 14% of 4-10yr olds and 4% of adults meet the Government recommendations for daily fibre intake (20g for children, 30g for adults).

Here are some easy ways to increase your fibre:

-  Remember the 'Top, Add, Swap' phrase to incorporate extra fibre into your favourite meals (see overleaf)
-  Choose higher-fibre breakfast cereals such as wheat biscuits, plain shredded wheat or porridge
-  Include plenty of vegetables with meals
-  Try to reduce packaged snacks and make home made snacks instead – nuts and seeds make a great high fibre on-the-go snack

High Fibre foods



Benefits of eating fibre?

Eating fibre has lots of health benefits and can help to reduce the risk of chronic diseases such as heart disease, Type 2 Diabetes and some cancers. Fibre helps to regulate bowel movements, manage blood sugar levels and contribute to healthy weight management. Eating fibre-rich foods makes you feel fuller for longer, so you're less likely to reach for unhealthy snacks between meals.

High fibre snack ideas....

- Sliced apple or pear with nut butter
- Trail mix (mixed nuts, seeds & dried fruit)
- Veggie Sticks with Hummus
- Plain popcorn
- Sliced banana or avocado on wholemeal toast
- Roasted chickpeas



Check out the PhunkyFoods website for more high fibre recipes



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Handy tips to eat more fibre

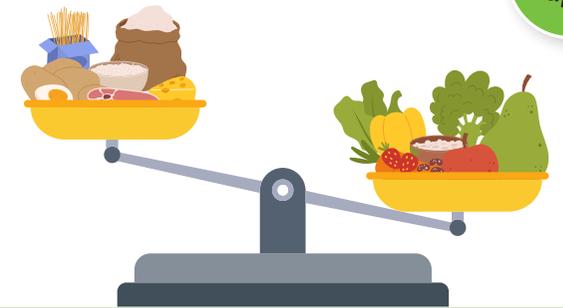
Leave skin on Fruit & Veg

Fruit & Veg skin is rich in vitamins, minerals and fibre



Check food labels to identify foods that are good sources of fibre:

Source of fibre	High fibre
>3g *	>6g *
*Per 100g	



Recommendations are for children aged **5-11 yrs to eat 20g fibre / day**
(30g for adults)



Try to eat fruit whole

Whole fruit has more fibre than juiced or blended

TOP



- Porridge / cereal with fresh fruit and mixed seeds
- Pizza with extra veggies
- Yoghurt with frozen fruits & nuts
- Ice cream with fresh fruit

Canned & frozen count

Stock up your cupboards & freezer - It's cheaper & easy to add to meals



ADD



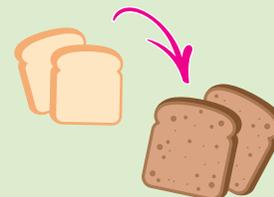
- Extra veggies to your pasta sauce
- Hummus to a veg sticks snack
- A side salad to your main meal
- Different veggies for an 'Eat the Rainbow' stir-fry



Remember to drink plenty of water

Remember to increase fibre gradually and drink plenty of water

SWAP



- Refined white grains for whole grains (wholegrain breakfast cereal, wholemeal pasta, rice & bread)
- Frozen chips for skin on potato wedges
- Meat protein for plant protein (chickpeas, lentils)