

Fibre



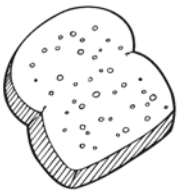
What is fibre?

Fibre is the non digestible part of plant foods

What does fibre do?

Fibre ...

- Makes you feel full so you eat less
- Can help lower blood glucose level
- Can help lower blood fat levels
- Keeps your bowels working well
- Fights bowel disease and cancer



Where is fibre found?

Fibre is found in a variety of foods:

- **Wholegrain cereal and cereal products**
All-Bran*, Porridge, Unsweetened Muesli, Weet-Bix*
- **Grains and flours made from grains**
Wheat, wheat bran, cracked wheat, rye, barley, oats, millet, buckwheat
- **Bread**
Wholegrain, mixed grain, wholemeal, soy and linseed, white high fibre breads
- **Baked products**
Products baked with wholegrain flours
Wholegrain crackers e.g. Arnotts* Vita-Wheat, Ryvita*
- **Legumes (pulses)**
Dried beans, split peas, chick peas and lentils
Baked beans and tinned bean mixes
- **Vegetables**
- **Fruit**
- **Nuts and seeds**



Ten great ways to increase your fibre intake

- 1. Eat a wide variety of foods**
Use foods in their most natural or unprocessed form
- 2. Choose high fibre snacks**
Enjoy raw fruit, wholegrain crackers or bread instead of plain biscuits
- 3. Switch to wholegrains in cereals and breads**
Cereals – All-Bran*, Rolled Oats, unsweetened Muesli, Weet-Bix*
Breads – wholegrain such as Burgen* Holsoms* 9 Grain, Rye, Pumpernickel and breads with oatbran, barley and/or cornmeal.
- 4. Remember breakfast**
An ideal time to increase your fibre intake
Add chopped raw fruit, All-Bran*, oatbran to your cereal
Include small amounts of pumpkin, sesame, sunflower or linseeds
- 5. Include legumes**
Dried beans, peas and lentils are an excellent source of fibre
Experiment – add variety and interest to meals by adding to soups, casseroles, salads or use as a dip or spread
- 6. Eat at least 5+ servings of fruit and vegetables**
Include salad vegetables as filling in wholegrain sandwiches or rolls at lunch
End meals with a piece of raw fruit or enjoy as a snack
- 7. Enjoy fresh fruit and vegetables with their skins**
Try fresh fruit salad or delicious fruit kebabs for a dessert
Enjoy fresh vegetable platters with dips such as hummus
- 8. Choose raw fruit instead of fruit juice**
- 9. 'Fibre up' your cooking**
Add rolled oats to meat loaves, All-Bran* and oats when baking
Use wholemeal flour as a thickener for casseroles and meatballs
- 10. Check food labels for fibre facts**
Look out for the words ... 'High Fibre', 'More Fibre' and
Spot the fibre rich ingredients ... wholegrains, wholewheat, bran

REMEMBER
Gradually increase your fibre intake