

TO GO OR NOT TO GO – THE IMPORTANCE OF FIBRE IN THE DIET

Fibre is an important nutrient for a healthy gut and along with water can help to treat or prevent constipation. It can also lower your risk of heart disease, diabetes and bowel cancer

Fibre is the part of the plant we eat that is resistant to digestion and absorption in the small intestine. It is broken down by bacteria in the large intestine.

WHAT FOODS SHOULD YOU EAT TO INCREASE FIBRE IN YOUR DIET?

Starchy Foods:

Porridge, Oat Bran, High Fibre Breakfast Cereals,
Sweet Potato, Potato with Skins, Wholemeal or
Wholegrain Bread and Pasta



Fruit and Vegetables:

Peas, Parsnips, Frozen Mixed Vegetables, Green Beans,
Carrots, Sweetcorn and Broccoli
Pears, Apples, Raspberries and Blackberries, Plums and
Prunes, Bananas and Oranges

Seeds: Linseeds and Chia Seeds

Nuts: Almonds and Peanut Butter

When you read food labels check for grams of fibre per serving or 100g

A food product is:

'HIGH FIBRE' if it contains at least 6 g of fibre per 100g

'A SOURCE OF FIBRE' if it contains at least 3g per 100g