

Tips to get more fibre

Dietary fibre does a great job at keeping you regular. It also helps make you feel full. Here are simple ways to get more fibre into your diet.

Choose the following wholegrain foods:

- wholegrain bread
- brown rice
- wholemeal spaghetti and other pasta
- wholegrain breakfast cereal
- wholegrain crispbread
- wholemeal porridge
- wheatmeal biscuits
- wholemeal flour



Try the following tactics:

- Eat at least three pieces of fruit and four serves of vegetables each day.
- Eat the skins on fruits and vegetables e.g. potatoes in their jackets and the skins on apples, pears, kiwi fruit, etc.
- Add one tablespoon of bran or wheat germ to prepared breakfast cereals.
- Add dried beans, dried peas, brown rice or lentils to soups and casseroles.
- Thicken soups and casseroles with bran or wholemeal flour.
- Choose wholemeal rolls and sandwiches, or fruit salad or fresh fruit when ordering take-away food.
- If you are a small eater and find it difficult to reach your fibre target, try a commercial fibre supplement.