



FIBRE

~Nutrition newsletter~ Vol 3

HOW TO CHECK THE FIBRE CONTENT

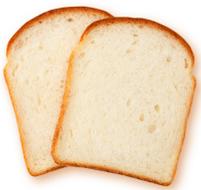
On the label, per 100g

More than 3g = a source of fibre This product is high in fibre

More than 6g is high fibre

Typical Values	Per 100g
Energy	1566 kJ
-	371 kcal
Fat	5.8g
(of which saturates)	1.0g
Carbohydrate	64g
(of which sugars)	0.9g
Fibre	8.3g

CAN YOU SWAP IT?



Swap white bread, with wholemeal or have a wholegrain cereal



Instead of cakes / biscuits try fruits, oat or wholegrain cereal bars



Swap crisps to popcorn, nuts or veg sticks and hummus



Change white rice to brown or add lentils to basmati rice



For more healthy swaps, check out the Change4Life website

