



# FIBRE

~Nutrition newsletter~ Vol 1

## WHAT IS FIBRE?

Fibre is the carbohydrate in plant-based foods that we don't digest. They are also pre-biotics that feed the good bacteria in our gut.

## A DAY THAT MEETS ADULT FIBRE NEEDS: 30-35G FIBRE



Porridge with fruit, nuts or seeds

5g fibre



Jacket potato with beans and an apple

14g fibre



Lentil & vegetable curry with brown rice

13g fibre

Choose yoghurt, nuts or seeds, veg sticks and fruit as desert or snack between meals



2.5g fibre



1.5g fibre



4g fibre



## WHY IS FIBRE IMPORTANT IN OUR DIET?

- It helps us have healthy, regular poos
- Helps our immune system prevent illness
- Keeps our gut healthy
- It feeds good bacteria in our gut (pre-biotic)
- It supports a healthy blood pressure for better heart health.

How much do you know about fibre?  
Check out this quiz to find out!



SCAN ME