High Fibre Eating

Eating more fibre is good for almost everyone. It keeps your bowels regular, and can help to manage diabetes and cholesterol levels.

Good sources of fibre include:

* vegetables, including legumes
* fruit
* wholegrain breads and cereals.

If you are trying to eat more fibre, increase these foods slowly so that your gut can get used to it.

It is also important to drink plenty of water and be active to help keep your bowels regular. Each day try to drink at least eight glasses of fluid, and aim to be active for about 30 minutes.

Try these tasty ideas to get more fibre into your day:

* Choose a breakfast cereal with oats, like muesli or porridge.
* Swap to a multigrain or wholemeal bread instead of white bread.
* Add chickpeas to a salad, lentils to a soup or kidney beans to a shepherd’s pie.
* Snack on a handful of dried fruit and nuts, a piece of fruit, or wholegrain crispbread.
* Add extra vegetables to your meals.

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