

# High fibre eating

## What is fibre and why is it important?

- Fibre is found in plants. We eat fibre whenever we eat fruits, vegetables, nuts and grains.
- Fibre helps keep your bowels regular.
- Eating more fibre is healthy for almost everyone. It can help with managing diabetes, heart disease and constipation.
- If you are trying to eat more high fibre foods, add it to your diet slowly to allow your gut time to adjust.

## Which foods should I choose?

Food group	Foods to choose
<b>Grain (cereal) foods</b>	<ul style="list-style-type: none"><li>• Wholemeal, grain, rye or fruit breads.</li><li>• High fibre white bread.</li><li>• Baked items (such as scones, cakes and biscuits) made with wholemeal flour, dried fruit or bran.</li><li>• Breakfast cereals – choose any of the below options<ul style="list-style-type: none"><li>○ wholegrain, bran or wheat-based cereals</li><li>○ with added fruit, nuts and coconut</li><li>○ oats or oat bran</li><li>○ cereals with at least 4g of dietary fibre per 100 grams are a good source of fibre</li><li>○ cereals with at least 7g of dietary fibre per 100 grams are an excellent source of fibre.</li></ul></li></ul>
<b>Vegetables</b>	<ul style="list-style-type: none"><li>• Wash vegetables instead of peeling them where possible.<ul style="list-style-type: none"><li>○ vegetable skins have lots of fibre.</li><li>○ some vegetables cook well with their skins on, such as potatoes and carrots.</li></ul></li></ul>
<b>Fruit</b>	<ul style="list-style-type: none"><li>• All fresh or tinned fruit.</li><li>• Dried fruit.</li><li>• Eat fruit instead of drinking juice (juice has very little fibre).</li><li>• Wash fruit and leave the skins on where possible (for example, apples and pears).</li></ul>

Food group	Foods to choose
<b>Milk, yoghurt, cheese</b>	<ul style="list-style-type: none"> <li>• Choose yoghurt that has added fruit, nuts or coconut (or add your own).</li> <li>• Have a fruit smoothie by blending yoghurt, milk and fruit together.</li> </ul>
<b>Lean meat and meat alternatives</b>	<ul style="list-style-type: none"> <li>• Peanut butter.</li> <li>• Nuts or seeds.</li> <li>• Legumes and Lentils <ul style="list-style-type: none"> <li>○ when baking casseroles or stews, replace some of the meat with legumes (for example kidney beans or chickpeas).</li> </ul> </li> </ul>

## Drink plenty of fluid each day

- Water will make your bowel motions softer. Increasing fibre without increasing water can make constipation worse.
- Aim for at least eight glasses of fluid each day.
- Drink often, even if you don't feel thirsty.
- Water is best but other fluids include milk, tea, coffee, soup and juice.