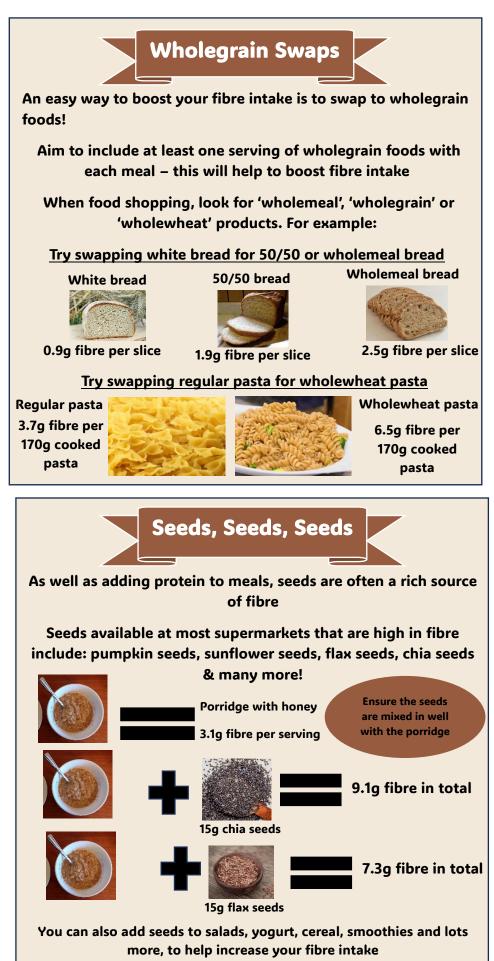
Fibre Flashcards



Beans, Glorious Beans!

Adding beans and pulses into your meals can greatly increase the fibre content, which will keep you feeling full for longer

Examples of these include; kidney beans, chick peas, green lentils, cannellini beans, butter beans, and many more – you can buy these tinned, at the supermarket

Beans and pulses can be added to stews, casseroles, chilli con carne, curries & lots more

Kidney beans



11.5g fibre per ¹/₂ tin (around 120g)





8.3g fibre per ¹/₂ tin (around 120g)

Green lentils



6.8g fibre per $\frac{1}{2}$ tin (around 117g)

