

Fibre Flashcards

Wholegrain Swaps

An easy way to boost your fibre intake is to swap to wholegrain foods!

Aim to include at least one serving of wholegrain foods with each meal – this will help to boost fibre intake

When food shopping, look for 'wholemeal', 'wholegrain' or 'wholewheat' products. For example:

Try swapping white bread for 50/50 or wholemeal bread

White bread



0.9g fibre per slice

50/50 bread



1.9g fibre per slice

Wholemeal bread



2.5g fibre per slice

Try swapping regular pasta for wholewheat pasta

Regular pasta
3.7g fibre per
170g cooked
pasta



Wholewheat pasta
6.5g fibre per
170g cooked
pasta

Seeds, Seeds, Seeds

As well as adding protein to meals, seeds are often a rich source of fibre

Seeds available at most supermarkets that are high in fibre include: pumpkin seeds, sunflower seeds, flax seeds, chia seeds & many more!



Porridge with honey

3.1g fibre per serving

Ensure the seeds are mixed in well with the porridge



15g chia seeds



9.1g fibre in total



15g flax seeds



7.3g fibre in total

You can also add seeds to salads, yogurt, cereal, smoothies and lots more, to help increase your fibre intake

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 ½ tin (around 120g)

Chickpeas



8.3g fibre per ½ tin (around 120g)

Green lentils



6.8g fibre per ½ tin (around 117g)

Fibre-rich Snacks

If you feel as though you're struggling to include fibre in your main meals, you can always boost your intake by increasing the fibre content of your snacks.

Here are some examples of fibre-rich snacks

1 medium apple



14g bag of popcorn = 3.9g fibre

1 wholemeal pitta bread



50g low fat hummus (1/4 pot)

= 7.8g fibre



80g raspberries



A handful (around 30g) of mixed nuts

= 5.5g fibre

Aim to eat a variety of different foods each day