

Top Tips!

1. Increase your fibre intake gradually to avoid gastrointestinal symptoms such as bloating and gas and allow your gut to adjust to the higher intake

2. Increasing fibre is not suitable for everyone. People who have IBS, IBD or recent gastrointestinal surgery should speak to their dietitian before increasing fibre intake

3. Children have different fibre needs than adults (30g)

2-5 year olds: need around 15g fibre a day

5-11 year olds: need around 20g

11-16 year olds: need around 25g

4. Look at ingredient labels for foods high in fibre (6g per 100g) or that are considered a source of fibre (3g or more per 100g)

5. At mealtimes, try to incorporate some new vegetable and grains into your existing dishes—see some new high fibre recipes at the back of this leaflet!

6. Swap staple items like bread, pasta and flour from white to wholegrain/wholemeal varieties

7. Drink plenty of fluids to allow the fibre to do its job properly. Fibre draws water into the bowel so you may become dehydrated if you don't drink enough!

8. Check out the BDA Fibre Fact Sheet for more tips and information

Recipes!

High Fibre Overnight Oats

Serves 1

Ingredients

- 50g rolled oats
- 1tbsp chia seeds
- 100g Greek yogurt
- 150ml milk
- 60g fresh or frozen raspberries
- 1 tbsp honey

Try milk alternatives such as almond, oat, soya or coconut milk

Try other high fibre fruits such as strawberries, blueberries, or pear!

*Oats, chia seeds and raspberries are all high in fibre!



13g fibre

1. Mix together all the ingredients in a Tupperware container with a lid
2. Cover with a lid and refrigerate overnight, or for 4+ hours

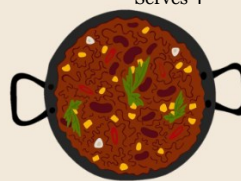
Try adding different flavourings: e.g. a sprinkle of cinnamon or cocoa powder, or 1tbsp of peanut butter!

High Fibre Mixed Bean Chilli

Serves 4

Ingredients

- 1 onion (diced)
- 2 peppers (diced)
- 2 crushed garlic cloves
- 400g can chopped tomatoes
- 400g can mixed beans (drained)
- 400g can black beans (drained)
- 1 tbsp ground cumin
- 1 tbsp coriander
- 2 tsp hot smoked paprika
- 1 tbsp chilli powder
- 250g brown rice



14g fibre

1. Fry the onions/peppers in 1tbsp olive oil on a medium heat until the onion is golden brown
2. Add in the garlic and spices, and fry for another minute
3. Stir in the tomatoes, beans and 50ml water and let it simmer for 15-20 minutes
4. Meanwhile, boil the rice for 15-20 minutes and serve with the chilli

*Black beans and mixed beans are high in fibre!

Trust Your Gut!

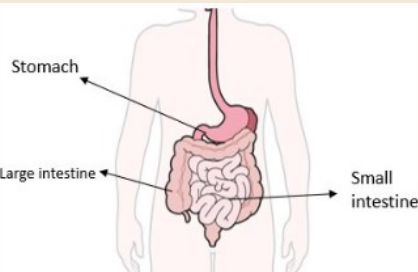


Simple fibre focussed steps to improve your gut health

The Fibre Family

Fibre Facts

Fibre is a carbohydrate that the body is unable to digest. It can be defined as a substance that reaches the small intestine intact (the gut).



Most carbohydrates are broken down and turned into sugars, carbohydrates make up a main food group and are substances like sugars and starches.

There are two main types of fibre, soluble and insoluble.

Meet the Family

Soluble Fibre

Water soluble

Forms a gel like substance

Slows down digestion, can ease diarrhoea

Binds to sugars and fats (cholesterol)

Fermentable in the colon

Insoluble Fibre

Absorbs water

Adds bulk to stool

Brings water into the stool, can ease constipation

Lowers risk of cardiovascular diseases

Has a fast intestinal movement rate

Finding Fibre

The good news

Finding fibre is not difficult as fibre is present in many common daily foods. It's recommended to consume **30g of fibre a day for adults** aged 18 and over from a variety of sources. It is important to **increase fibre gradually** to avoid any adverse symptoms in

Sources of Fibre

Soluble Fibre



Black beans



Broccoli



Oats



Brussel Sprouts



Apples



Carrots

Insoluble Fibre



Nuts



Wholegrains



Potatoes



Popcorn



Cauliflower



Berries

Fibre & Health

Reasons to be friends with Fibre

Fibre feeds the healthy bacteria in our gut, increasing the health of our gut microbiome.

Fibre cannot be broken down by the body which prevents large and rapid blood sugar spikes. This helps to keep blood sugars stable.

Fibre, particularly soluble fibre, can trap cholesterol and prevent it from entering the blood. This lowers cholesterol.

Fibre can prevent blockages in the intestines and promote overall bowel health

As a result, consuming the recommended amount of dietary fibre can...

- ✓ Reduce your risk of cardiovascular diseases, such as heart disease and stroke
- ✓ Reduce your risk of type 2 diabetes
- ✓ Reduce your risk of developing haemorrhoids
- ✓ Reduce your risk of colorectal cancers