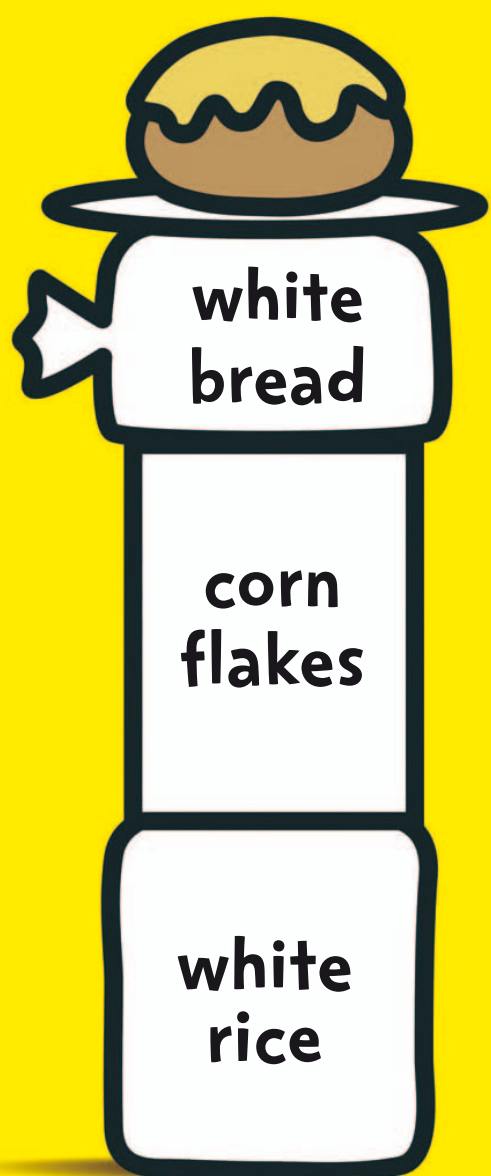


fibreswap

How to find fibre
and why it's important



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fibre swap

Did you know that fibre not only keeps us regular, it can also help reduce cholesterol and help us stay trim by filling us up for longer? That's why fibre is so important – and it's easier to find than you might think:

Breakfast swaps

- **Not only does breakfast help keep your energy up at the start of the day, it's a good chance to get some fibre in your diet.**
- **White bread has most of the fibre stripped out of it. So swap white toast for wholemeal or wholegrain toast.**
- **Swap pastries or sugary cereals for high fibre cereals like bran flakes, unsweetened muesli or porridge oats (watch out for added sugar!)**

Lunch and dinner swaps

- **Just like white bread, white pasta and rice have had the fibre stripped out, so swap white for wholemeal versions. Simply doing this can double the amount of fibre you've eaten.**
- **Get some pulses into your meals, like lentils, beans or peas – they all contain fibre. Swap lasagne for chilli con carne, it contains loads of pulses, or add lentils or beans to stews. You could add some baked beans to your baked potato (and if you keep the skin on your baked potato that adds to your fibre intake too).**
- **Fibre is found in veg so try swapping some of the other things on your plate for more veg – aim for half your plate to be veg at dinner.**

Snack swaps

- **Fibre is found in fruit and veg too – where possible leave the skin on to get even more fibre!**
- **Try snacking on a small handful of unsalted nuts and seeds. Or dip some carrot or cucumber sticks in reduced fat hummus – it'll up your fibre and the veg contributes towards one of your 5 A DAY.**