DID YOU KNOW?

Most Australians do not consume enough fibre. On average, most Australians consume 20–25g of fibre daily. The Heart Foundation recommends that adults should aim to consume approx. 25–30g daily. Good sources of fibre include wholegrain foods, grains, fruits and vegetables, lentils and legumes.

Benefits of a High Fibre Diet

Assist with healthy weight maintenance
Keeps the digestive system healthy
Helps to control blood sugar (diabetes) and blood cholesterol levels
Reduce risk of bowel cancer

Easy Ways to Increase your Fibre

Choose breakfast cereals that contain barley, wheat or oats
Make the switch to wholemeal, multigrain or rye breads
Choose quinoa, brown rice and wholegrain pasta
Aim to add an extra vegetable to every evening meal
Snack smart – Choose fruit, dried fruit, nuts or wholemeal crackers
Leave the skin on fruits and vegetables where possible