



We have covered the benefits of fibre in a previous newsletter (do let us know if you haven't seen this and would like a copy) but most of us don't eat enough. In this newsletter we are covering **how** to increase the fibre in your diet by breaking down the three main meals of the day. And our recipe this month is a high fibre chilli to start you off!

With very best wishes,
Hannah and the Project Food team

Focus on...**Eating more fibre**

Eating a diet rich in fibre has many health benefits. It can help to reduce your risk of heart disease, stroke, type 2 diabetes and some cancers, including bowel. Fibre is also important for digestive health. Choosing foods that contain fibre also helps you to feel fuller for longer and can therefore help with weight management.

Adults should all try to eat around 30g of fibre a day, but most people in the UK currently only manage 18g—quite a difference! And it's all easy to either say 'I'll eat more' but how?!



Let's start with breakfast... ideal things to add here are cereals such as shredded wheat and, best of all (especially as they contain lots of the soluble fibre you need for helping you to maintain a healthy cholesterol), plain old porridge oats. A 50g serving of porridge oats contains 4g of fibre; add a banana (1.4g) and you're up to 5.4g of fibre for breakfast.

Other things to try

- Thick wholemeal toast—about 3g fibre per slice
- 2 Weetabix—3.8g
- One serving Shredded Wheat—5.5g
- Glass of fruit juice—1.2g



And lunch? A sandwich on wholemeal bread, made with 2 slices of bread, would contain about 6g fibre, a green salad on the side and that's another 1.3g. And finish off with an apple, another 2g, totalling 9.3g.

More lunch ideas

- Medium baked potato (skin on)–5g
- ½ can baked beans–9g
- ½ can sweetcorn–3g
- Lentil salad (½ can green lentils) made with feta cheese and 50g frozen peas–8.5g



And finally, supper...a veggie chilli made with half and half beef mince and lentils (see this month's recipe), kidney beans and lots of veg is around 10g, a serving of wholegrain rice is 2.7g and broccoli on the side is 2.3g, meaning your supper contains 15g fibre.

You could also try...

100g wholemeal pasta (5.3g) with tomato sauce (1.6g) - 6.9g

Green salad–1.3g

Mixed veg curry with wholegrain rice–9.3g

Snacks

Small handful nuts (around 30g)–3.5g

3 dried apricots–1.8g

1 oatcake–3g

Apple–around 2g–4g

Satsuma–1.3g



Total for the day between 32 and 38g of fibre depending on which snacks you choose.

Remember to drink plenty of fluid to allow the fibre to do its job properly. Fibre draws water into the bowel so you may become dehydrated if you do not drink enough.

Tips to increase your fibre intake...

- ♦ Go for wholemeal or granary breads instead of white bread. When using flour in recipes, try going half and half and swapping some of the white for wholemeal.
- ♦ Eat more wholegrains–choose whole wheat pasta or brown rice.
- ♦ Eat potatoes with their skins–baked potatoes or unpeeled new potatoes
- ♦ For snacks try fruit, vegetable sticks, oatcakes, unsalted nuts or seeds.
- ♦ Ensuring a good daily intake of fruit and vegetables (some with each meal). You can either do this by having vegetables as a side dish or add them to sauces, stews or curries.
- ♦ Serving pulses like peas, beans, lentils or chickpeas with a meal, or adding them to recipes.
- ♦ Have some fresh or dried fruit, or canned fruit in natural juice for pudding.

