

GET MORE FIBRE AT EVERY MEAL

Take your fibre intake to the max! Enjoy wholegrain foods three to four times a day and legumes (such as beans, chickpeas and lentils) two to three times a week. To hit your daily fibre target, aim for 30g of fibre and beyond.

Recommended minimum daily requirements for disease prevention
Women = 28g
Men = 38g

BREAKFAST



Chia seeds
1 tbsp = 4g



Wholegrain cereal
¾ cup = 6g



Weet-Bix
2 biscuits = 3g



Soy-linseed bread
2 slices = 5g



Baked beans
¼ cup = 3.5g



Frozen berries
¼ cup = 2g



Wholegrain rolled oats
¼ cup = 4g



Banana
1 medium = 2g

LUNCH



Pear
1 medium = 3g



Four-bean mix
¼ cup = 7g



Salad greens
1¼ cups = 1g



Seed mix
2 tbsp = 1g



Wholemeal wrap
1 wrap = 2g



Ryvita
2 crackers = 3g



Vita-Weats 9 Grains
4 crackers = 3g



Avocado
¼ medium = 2g

DINNER



Potatoes
2 small = 2.5g



Brown rice (cooked)
1 cup = 3.5g



Lentils (cooked)
½ cup = 3.5g



Wholemeal pasta (cooked)
1 cup = 6.5g



Kumara
½ cup = 3.5g



Vegetables (cooked)
1 cup = 2.5g



Quinoa (cooked)
½ cup = 2g



Chickpeas (cooked)
½ cup = 6.5g

SNACKS



Peanut butter
1 tbsp = 3g



Apple
1 medium = 3.5g



Dried fig
1 fig = 8.5g



Almonds
20 nuts = 3g



Hummus
3 tbsp = 3g



Carrot/celery sticks
1 cup = 2.5g



Plain popcorn
2 cups = 3g



Psyllium husk
1 tbsp = 6g

Fibre values from FoodWorks nutrition software and NUTTAB database, 2019