

Make sure you're full of fibre

Fibre forms part of a healthy diet and it's important to make sure you're getting enough.

But why is it necessary and where can you find it?



—BE—
**PORTION
SIZE**
—WISE—

Fruit with skin



Wholegrains



Vegetables



Potato skins



Brown rice



Beans



Dried fruit



Unsalted nuts



Eating plenty of fibre can help lower the risk of heart disease, stroke, type 2 diabetes and bowel cancer. It also makes us feel fuller for longer.

Adults should aim for 30g of fibre per day and the best way to do this is by eating a variety of fibre rich foods.

Combine it with drinking plenty of water (6-8 glasses a day) and it'll help with digestion and keeping you going to the loo regularly.

Take a look at a few of the most fibre rich foods to help you on your way.

Lentils



Avocado



Peas



TAKE CARE & BE AWARE

Making a quick change from a low-fibre to a high-fibre diet can cause cramps, increased wind and bloating.

So always increase the amount of fibre in your diet slowly.

Get advice, information and help about healthy diets and portion control at www.derbyshire.gov.uk/portionsizewise