

# Fibre challenge

## Small change, big difference

Most people in the UK are not having enough fibre in their diets.

By making small changes to a recipe, such as swapping from white to wholemeal flour or adding vegetables, the amount of fibre provided can be easily increased.

### Your challenge

- Increase the fibre provided by a recipe or meal.
- Think about ingredients that can be added or swapped to increase fibre, such as using wholemeal flour, seeds, fruit, vegetables, beans, peas and lentils.

Show your creation by...

Writing a recipe.	Cooking and photographing the dish.	Undertaking nutritional analysis* to compare the fibre content before and after. (*Using our free tool, <a href="#">Explore Food</a> .)
Producing an animation (or presentation).	Creating a poster to show the fibre swaps/additions that you have made.	Devising and recording an advert for your dish.

**Remember to show how the fibre has been increased!**

**Get inspired!**

