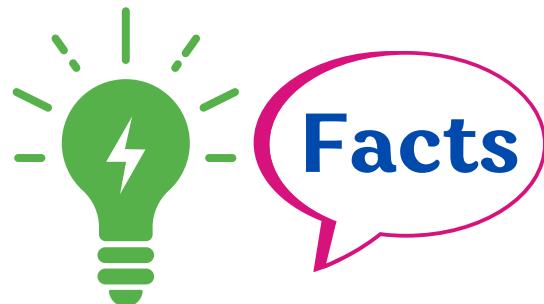


Fibre facts

Where's the fibre?



Fibre is found in a range of foods, including fruit, vegetables, pulses (beans, lentils and peas), nuts and seeds, starchy food (such as potatoes) and grains.



Fibre Facts

How much fibre do we need?

Age 2-5 years



15g
per day

Age 5-11 years



20g
per day

Age 11-16 years

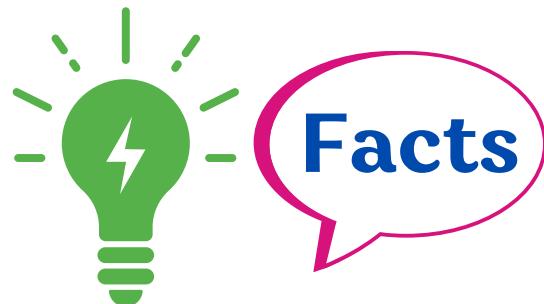


25g
per day

Age 17 and over



30g
per day



Fibre Facts

Simple swaps to increase fibre intake



white pasta

wholewheat pasta



white bread

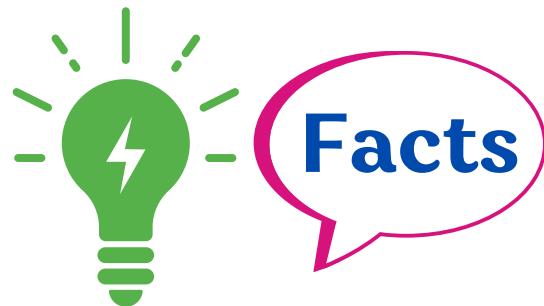
wholegrain bread



corn flakes



wholegrain cereal



Fibre Facts

Did you know...



In the UK, no age group is currently consuming the recommended amount of dietary fibre (on average)?