



Am I Eating Enough Fibre?



Fibre helps you go to the toilet and keeps your bowel movements regular. Fibre is only found in food made from plants, such as fruits and vegetables.

It is recommended to eat five servings of vegetables and two servings of fruit every day.

1 vegetable serving size:

- medium potato
- ½ cup cooked vegetables
- 1 cup of salad

1 fruit serving size:

- 1 medium sized fresh fruit
- 1 cup of tinned fruit (when diced)
- 1-2 tablespoons of dried fruit

Increase your fibre intake by eating:

fruit with the skin left on

wholemeal bread, wholegrain bread or high fibre white bread

high fibre cereal (e.g. muesli, sultana bran, Weet-Bix, oat bran, rolled oats)

nuts for a snack

Note: Limit unprocessed bran to a maximum of 2 tablespoons each day, as it is unhealthy to eat more than this because it can affect the absorption of important nutrients.

Fibre supplements

Fibre supplements can be used if you are unable to eat enough fibre every day using the suggestions outlined above. Seek the advice of your doctor or dietitian before using a fibre supplement.