Did you know that adults should aim to have 30g of fibre a day?

Try these simple ideas to increase your fibre intake!

Choose wholegrain breakfast cereal

Add a fibre boost to your cereal!

+ dried fruit

+ nuts and seeds

A bowl of porridge has about 3.5g of fibre*

Go for wholemeal bread

Add a fibre boost to your sandwich!

+ salad

+ canned sweetcorn

2 slices of wholemeal bread have about 5.1g of fibre*

Keep the skin on potatoes

Add a fibre boost to your meal!

+ kidney beans

+ vegetables

A baked potato with skin has about 5.7g of fibre*

*Based on average portions sizes

Eat well for you and the planet!

Eating plenty of fibre is associated with a lower risk of heart disease, stroke, type 2 diabetes and bowel cancer. A plant-rich diet can help you increase your fibre intake and also helps reduce the environmental impact of what you eat.