

Easy swaps to boost your daily fibre intake

Did you know that almost 20 per cent of bowel cancers could be prevented if Australians met their dietary fibre requirements?¹

Men should aim for 30g per day and women should aim for 25g.

Follow these easy swaps to boost for fibre intake today!



Processed cereals



Oats, muesli, porridge, whole wheat biscuits, high fibre cereal or bran flakes



White bread and wraps



Wholegrain, wholemeal or rye bread and wraps



White pasta, rice and couscous



Wholemeal pasta and couscous, brown rice, barley and quinoa



Juice



Whole fruits and vegetables blended, fresh, frozen, dried or tinned in natural juice



Butter



Hummus, avocado and nut pastes



Crisps, sweet biscuits and lollies



Roasted spiced chickpeas, multigrain crispbreads, popcorn, dried fruit and nuts. Be sure you choose unsalted!



References

Nagle, CM, Wilson, LF, Hughes, MC, Ibiebele, TI, Miura, K, Bain, CJ, Whiteman, DC, Webb, PM. Cancers in Australia in 2010 attributable to inadequate consumption of fruit, non-starchy vegetables and dietary fibre. Aust N Z J Public Health [Internet]. 2015 May [cited 2018, February 20]; 39: 422-428. Available from: 10.1111/1753-6405.12449