

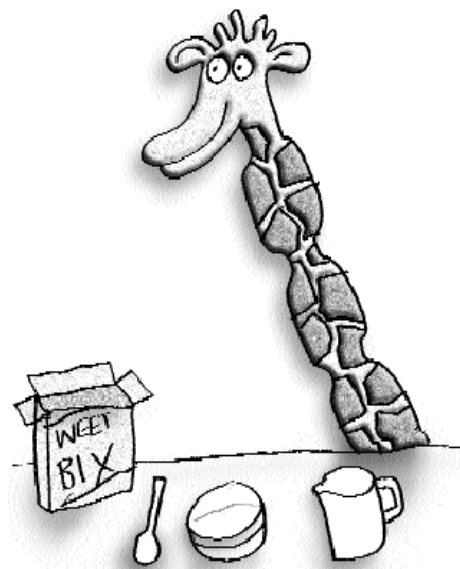
Increasing Fibre in Your Diet

Fibre is the material in food that we can't digest but it is still an important part of everyone's diet. It is found mainly in unprocessed cereals, e.g. wholemeal flours and wholegrain cereals, vegetables and fruit.

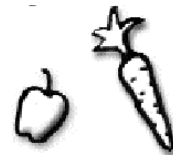
Why do we need fibre in our diet? Because it maintains a healthy bowel and helps prevent constipation.

High-fibre foods

- Wholegrain breakfast cereals, e.g. Porridge, Weetabix, Shredded Wheat, Branflakes, Fruit and Fibre, All Bran and Muesli, etc.
- Wholemeal and high-fibre breads, rye, granary bread, crispbreads and crackers
- Fruit, fresh, dried, tinned or stewed – eating the skins when possible
- Vegetables, fresh, frozen, tinned or cooked – eating the skins when possible
- Brown rice
- Wholemeal pasta
- Products containing wholemeal flour
- Cakes and biscuits containing dried fruit, nuts or wholegrain cereals e.g. oatcakes, digestive biscuits, etc.



Don't forget When increasing your fibre intake do it gradually and spread the fibre across the day. Sudden increases in fibre can often lead to excess pain, cramping, gas and diarrhoea. It is not recommended to add raw fibre such as bran to your food as this will stop vital minerals such as zinc, iron, calcium and copper from being absorbed into your body.



What about fluid? To help the passage of stools through the intestine, you need to drink plenty. This means at least 8–10 cups of fluid through the day. These can include weak tea, squashes, fruit juice, milk and, of course, water.