

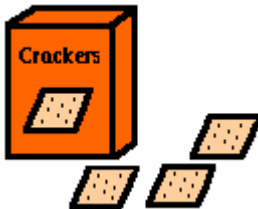
Ways to eat more high fibre foods



eat wholemeal bread, granary or high fibre white bread



eat high fibre breakfast cereals e.g. Shredded Wheat, Weetabix, Branflakes, Allbran, porridge



choose wholegrain crackers, crispbreads and biscuits



include beans and pulses e.g. baked beans, lentil soup, beans in stews, casseroles and salads



have at least 5 portions of fruit and vegetables each day

Remember:

- increase the amount of high fibre foods slowly
- have at least 8 drinks each day e.g. water, tea, coffee, milk, squash, fruit juice

Community Dietitians
Bristol NHS Primary Care Trust
Heath House Lane, Stapleton, Bristol
BS16 1EQ Tel 0117 9585666