



Top 10 Fibre Tips:

- 1. Always have breakfast.** Breakfast is a great place to start adding fibre. People who skip breakfast are more likely to have low fibre intake compared to breakfast eaters. Go for a high fibre breakfast cereal – look for cereals with 3g of fibre per 100g of cereal (or more!). You can also choose wholegrain bread or toast.
- 2. Add seeds.** All kinds of seeds are high in fibre. Sunflower seeds, sesame seeds, pumpkin seeds and linseeds are all good. You can try them whole or milled. Aim to get 2 tablespoons of seeds every day. Add them to breakfast cereals, yoghurt, homemade bread or sprinkle them over salads.
- 3. Eat more beans!** Beans and lentils are very high in fibre, especially soluble fibre. Baked beans are a great source of fibre – half a tin will give you 7.5g of fibre. Chickpeas, kidney beans and butter beans are also very good – half a tin of these beans will give you about 10g of fibre. Try soups made with beans and lentils, add beans to a salad, add lentils into soups, stews and casseroles. Try to have beans at least 3 or 4 times a week.
- 4. Add vegetables.** Vegetables and salad all have fibre – and they also add up to some of your 5-a-day. As a good rule of thumb, salad or vegetables should make up 1/3 of your lunch and 1/3 of your dinner. Try a bowl of vegetable soup at lunch time and lots of carrots and peas at dinner time. Frozen vegetables are just as good as fresh if you are short on time.
- 5. Eat fruit.** A piece of fruit will give you about 2g of fibre. Aim to have 2-3 pieces of fruit everyday – this can add 4 to 6g of fibre. Try slicing a banana over your breakfast cereal, chopping an apple into a salad or just enjoy an orange or a pear for your mid-afternoon snack.
- 6. Choose wholegrain bread.** Although white bread does have a little fibre, you can really boost your fibre by switching to wholegrain bread instead. Not only will wholegrain bread give you fibre, it can also help protect you from heart disease and some types of cancer.
- 7. Eat potatoes with the skins.** Most of the fibre in a potato is in the skin, so try potatoes baked, boiled in their jackets or as wedges baked in the oven with a little olive oil and some herbs. Baby potatoes are also a great source of fibre; just remember to eat the skins!



- 8. Try some brown rice or pasta.** Switching from white rice to brown rice will also help to boost your fibre. Just remember that brown rice can take slightly longer to cook. Brown pasta cooks just as quickly as white pasta, and although it may seem strange at first, you will quickly get used to it.
- 9. Snack on nuts and dried fruit.** Snacks like mixed nuts and raisins are high in fibre and make a great alternative to crisps and sugary snacks in between meals. Nuts and raisins are still high in calories, so don't go eating them by the pound! However, a handful of nuts and raisins is a good snack that will help to boost your fibre intake.
- 10. Drink water!** Fibre works by soaking up liquid in your bowel and making everything soft and easy for you to pass. However, you need to add water for this to work. Aim to have 6-8 glasses of water per day. You can also use non-caffeinated herbal teas like peppermint or camomile if you find it hard to drink this much water.



Farmhouse Vegetable Soup

Ingredients

3 carrots 1 turnip 1 parsnip 1-2 leeks 1 onion	8 mushrooms 3 tomatoes/tin of tomatoes 2 teaspoon vegetable oil 50g flour	150ml milk 2 vegetable stock cubes, dissolved in 1 litre of water pinch of salt pepper
--	--	---

1. Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and top tomatoes.
2. Heat the oil in a large saucepan, and gently fry the onion and mushrooms.
3. Add carrots, turnips, parsnips and leeks and fry gently.
4. Stir in the flour to absorb the fat, gradually stirring in the milk.
5. Add stock and bring to the boil, stirring continuously.
6. Add tomatoes, pepper, and a pinch of salt if desired.
7. Cover saucepan, and gently simmer for about 45 minutes.

Preparation time: 15 minutes.

Cooking time: 45 minutes

Tip: Select vegetables according to availability, choice and cost.

Nutritional Information per serving

	Kcal	Carbs	Fat	Protein	Sodium	Sugar
Total	696	129	11	21	3715	43
Per serving	174	32	3	5	929	11

Produced by Community Dietitians, CHO 6, for further information contact healthy.eating@hse.ie



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive