

FIND THE

Fibre


Most health authorities around the world agree that people should get between 20-38 grams of total fibre each day.¹⁻³

That may sound like a lot, but the trick to getting enough fibre is making smart choices throughout the entire day.

*All that fibre adds up!*⁴

Start Here

BREAKFAST

 **3.6g**
½ CUP (34g) WHEAT CEREAL

3.1g
1 (118g) BANANA

0g
1 CUP (227ml) LOWFAT MILK

2.1g
½ CUP (78g) FROZEN BLUEBERRIES

When you add **more fibre** to your diet, it's important to drink plenty of water to keep the digestive system running smoothly.

SNACK

 **4.4g**
1 (182g) APPLE

2.6g
1 OZ (28g) MIXED NUTS

SNACK

 **2.4g**
2 CUPS (16g) POPCORN

 **0g**
1 CUP (227ml) LOWFAT MILK

0.9g
1 (66g) PLUM

Fibre can help you achieve a healthy weight by helping keep you feeling full.

 **2.5g**
8 (10g) BABY CARROTS

 **1.9g**
1 SLICE (26g) WHOLE GRAIN BREAD WITH BUTTER

LUNCH

 **3.9g**
¼ CUP (50g) OF COOKED LENTILS

 **0g**
5 OZ (142g) SALMON


DINNER

 **5.1g**
1 CUP (184g) COOKED FROZEN BROCCOLI

Insoluble fibres— found primarily in whole grains and vegetables— may help ensure healthy digestion by adding bulk to the stool.

3.2g
1 CUP (210g) MASHED POTATOES

2.2g
1 (150g) PEACH

 **0g**
1 CUP (227ml) LOWFAT MILK

You Win!

38g
DAILY TOTAL