

Ensuring Enough Fibre

What We Can Do

Fibre is found in plant foods and is the part of cereals, vegetables and fruits that our stomachs and small intestine can't digest. Fibre moves on into the large intestine (colon) where it is metabolised by bacteria.

- We actively encourage high fibre options at breakfast including porridge and wholegrain cereals.
- We offer fruit at breakfast to increase fibre at this important meal.
- We emphasise the use of wholemeal bread and often flavour breads with fruit and vegetables to distract from the stronger wholemeal flavour.
- We use brown pasta with disguising sauces
- We encourage trying brown rice.
- We boost the fibre content of dishes by packing our main meals with extra veg and offering a selection of vegetable sides.
- We make pizza bases with wholemeal flour.
- We actively encourage snacks of fruit and offer whole fruit throughout the day to help boost fibre.

Did You Know?

Soluble fibre found in oats, pulses like baked beans and peas, apples and pears absorbs water in our stomachs, rather like wallpaper paste! Insoluble fibre found in wholegrain foods like wholemeal bread and brown pasta helps to feed bacteria in our colon.



Fruit and

FIBRE

Introducing fibre in a palatable way



The Facts

What We Know

- We all need fibre for our digestive systems to work well. It is important to establish eating habits that include plenty of fibre when young to help children lay down protection against healthy problems later in life.
- Having enough fibre in our meals and snacks is related to lowering the chances of developing diseases like type 2 diabetes, heart disease and cancer of the bowel in later life.
- Most children in the UK need to up their current fibre by 5g a day to reach these targets.

