

'EAT'

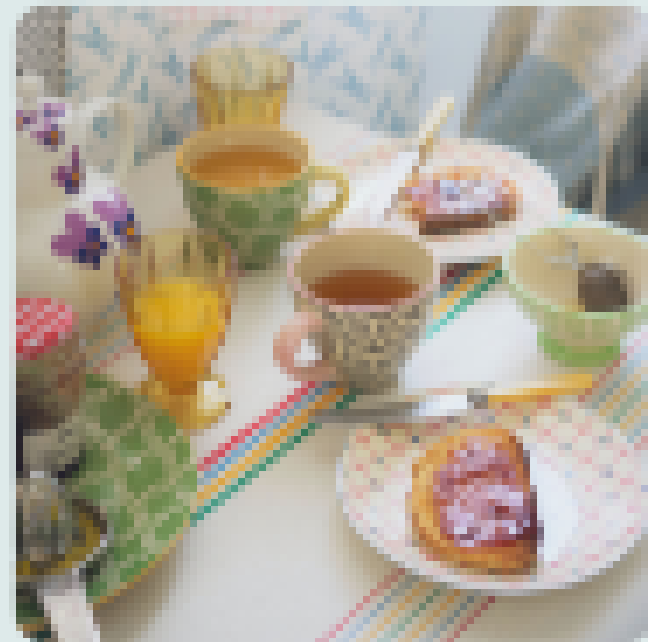
February Focus on Fibre

Easy fibre-filled food swaps
How to achieve 30g Fibre daily

LOW-FIBRE

BREAKFAST

Orange Juice
White sliced toast
and jam
1.6g fibre



HIGH-FIBRE

BREAKFAST

Whole orange
pieces
Wholemeal toast
and peanut butter
8.3g fibre



SNACK

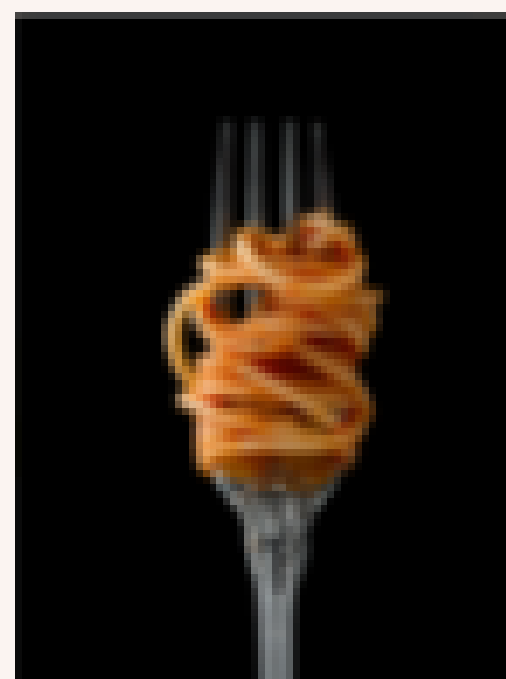
Plain low fat Yoghurt
0g fibre

SNACK

Plain low fat Yoghurt
PLUS Blueberries or Strawberries,
Almonds, Chia Seeds
5.5g+ fibre

LUNCH

White Spaghetti with
tomato-based sauce
3.9g fibre



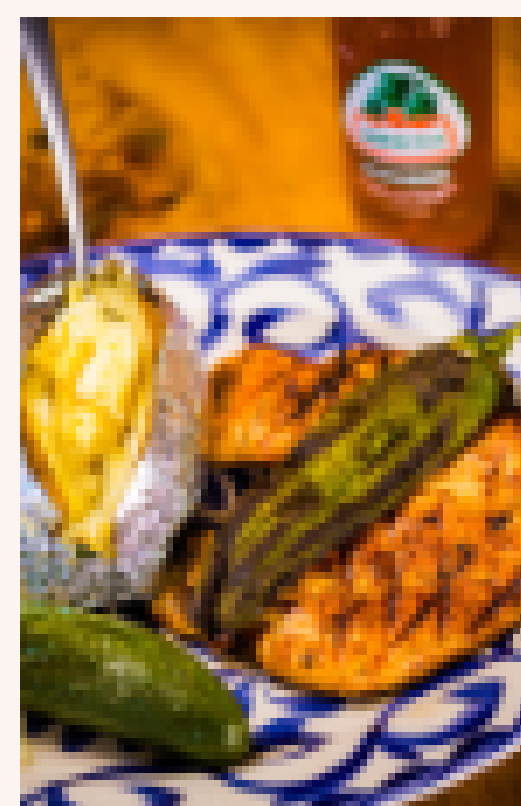
LUNCH

Wholewheat spaghetti with tomato AND
lentil-based sauce
10.9g fibre

DINNER

Grilled Chicken, mash
potato & carrots
4.7g fibre

TOTAL DAILY FIBRE 10.2g



DINNER

Grilled Chicken, baked
potato, carrots & green
beans or broccoli
11.2g fibre

TOTAL DAILY FIBRE 35.9g

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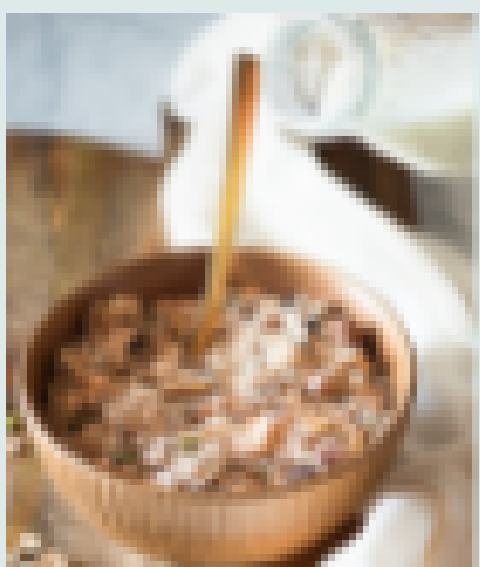
5 High Fibre Foods & what to do with them

Take note: when adding significant amounts of fibre to your diet, do so gradually to avoid digestive discomfort



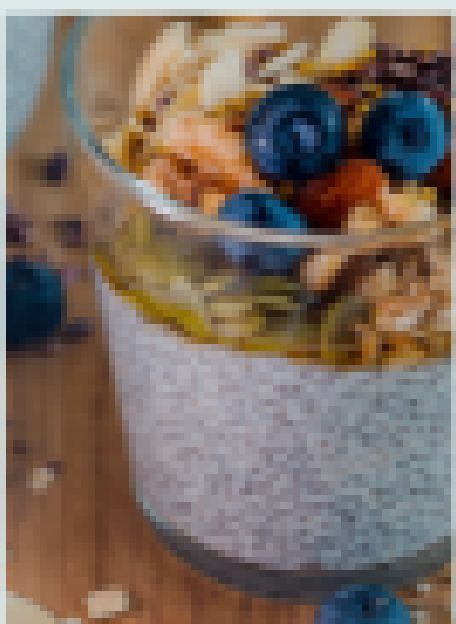
RASPBERRIES! With 7g fibre per handful, raspberries are so versatile and sweet-tasting. Make a smoothie, add to porridge, lightly warm and add to yoghurt, freeze the summer crop for winter dishes, partner with almonds for a quick snack.

LENTILS! At 8g fibre per cooked handful, lentils can be added to any savoury dish to either substitute meat or be the main source of protein in a plant-based meal. Buy tinned lentils for ease. Use them in soups, casseroles, for toppings on baked potatoes, add to salads or make dahl. Lentils are also low in fat and high in protein so they're a basic SUPER food!



OATS! With 10.1g of fibre in a handful of oats, there's no better way to start your day with an oats-based breakfast - porridge, granola or muesli (check the calorie content), overnight oats or oat-flour bakes. High in complex-carbs oats will keep you fuller for longer and reduce blood sugar levels. A basic, fibre-filled staple to have in your cupboard. (Don't forget oats are cross-contaminated with wheat so hunt out gluten-free oats for Coeliacs).

CHICKPEAS! Such a little ball of nutritious-ness, chickpeas contain a super-charged 17g of fibre in a handful as well as being a punchy source of protein, iron and low in fat. Add crushed-up to sandwiches, spice up and roast for a snack, add to curries and casseroles or whizz up into homemade hummus. Also look out for chickpea flour (gram flour).



CHIA SEEDS! Chia Seed Pudding was the culinary craze of 2021 and rightly so. A handful of these tiny but powerful seeds will provide 9g of fibre. Add water and they turn into a tadpole-like mush full of good-for-you minerals. Add soft fruit for sweetness and crunchy oats and seeds. Mix with yoghurt or add to sweet bakes and they're delicious with lemon pancakes.

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PROSCIUTTO WRAPPED CHICKEN WITH LENTILS

PROSCIUTTO WRAPPED CHICKEN WITH LENTILS



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per serving:
462 kcal
14g Fats
41g Carbs
46g Protein



GF DF
MP HP



WHAT YOU NEED

- 4 chicken thighs, skinless (480g)
- 8 prosciutto slices
- 8 tsp. red pesto
- 2x 14 oz. (400g) can lentils, drained
- 5 oz. (145g) sun-dried tomatoes, drained
- * 2 tbsp. apple cider vinegar
- * 2 tbsp. oil from sun-dried tomatoes
- * salt and pepper

WHAT YOU NEED TO DO

Heat the oven to 360°F (180°C).

Cut each chicken thigh into two pieces, season with salt and pepper. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.

In the meantime, place the lentils and tomatoes in a pot and gently warm them through adding in the apple cider vinegar and 2 tablespoons of oil from the sun-dried tomatoes.

Divide the lentils between 4 plates and, top with the chicken. Serve immediately..

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HOW FIBRE AIDS DIGESTIVE HEALTH

Comfortable digestion and a healthy bowel can be achieved by:

Eating a balanced diet

Drinking enough fluid

Limiting alcohol

Chewing food well

Regular mealtimes & exercise



Fibre is found in plant-based foods such as vegetables, fruits, beans and wholegrains, these foods are essential to maintain a healthy bowel.

A balanced or high fibre diet helps reduce the development of constipation, type 2 diabetes and bowel cancer.

Equally, some people find that too much fibre results in digestive upset, bloating and diarrhoea as well as causing problems for those with IBS.

Fibre is a plant-based Carbohydrate and is split into two types:

Soluable Fibre

Dissolves in the gut and creates a gel-like form that slows down digestion, reducing cholesterol and blood sugar, reducing the risk of diabetes.

Soluable Fibre foods

Oats, nuts, beans, apples and blueberries

Insoluable Fibre

Doesn't dissolve in fluids, instead it absorbs and sticks to other materials to form a stool. This process leads to softer, bulkier and more regular stools, thereby reducing constipation.

Insoluable Fibre foods

Seeds, skins of fruit, wholemeal bread and brown rice