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REGISTERED NUTRITIONIST

[www.lynnburnsnutrition.com](http://www.lynnburnsnutrition.com)

## Eating more fibre the easy way

We are encouraged to eat more fibre by simple additions to favourite meals.

Experts in gut health recommend that we aim for an average daily intake of 30g of fibre every day. This sounds like a lot and that it needs a radical change in the way that we eat. Many people have an image of bran flakes and brown rice with every meal or some other unappetising vision of what this would look like. In reality, we can make small additions to regular meals that have positive effects on our fibre intake in tasty and realistic ways.

## Infographics showing how to add fibre to everyday dishes.

Infographics fit in with our visual stream of information. We scroll through text so quickly that images and infographics are needed to catch people's attention. Useful information on practical ways to improve health presented in infographic format are easy to scan and pick out useful and practical tips. Graphics like these work well both in print and in digital formats.

Taking four simple dishes that feature on many families' tables, these infographics show how simple additions and changes to standard recipes can add to the fibre content of the portion. Not everyone would choose to do everything on the infographic - the idea is to highlight the possibilities.



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# SALADS



## WITH ADDED FIBRE THE EASY WAY!

A simple green salad doesn't really add much in the way of fibre. A few simple additions could notch it up to a colourful, tasty 6.1g fibre!!

**6.1**  
GRAMS

=

**1.3**  
GRAMS

+

**1.0**  
GRAMS

+

**0.9**  
GRAMS

+

**0.7**  
GRAMS

+

**0.6**  
GRAMS

+

**0.3**  
GRAMS

+

**0.3**  
GRAMS

+

**1**  
GRAMS

tablespoon kidney beans  
adds



30 g sweetcorn



45g peppers



With a tablespoon of  
toasted seeds



Plus 5 cherry tomatoes



Adding 5 slices of  
cucumber



half a stick a celery



standard green  
salad





# Mac & Cheese

With a bit more fibre?

Mac & Cheese is bit of an all time favourite. It's comforting and filling. It gives some fibre but....

Simple additions to a standard recipe can easily add fibre in a tasty way.

**4.6 G**

Regular Mac & Cheese serving (my recipe) is 15% of the 30g of fibre we should be eating per day.



**5.9 G**

Adding a whole grain breadcrumb topping with added seeds adds 1.2g.

Adding some chopped nuts to the topping works too - walnuts works especially well if you switch to a blue cheese sauce.



**6.1 G**

Adding Cauliflower (which is amazing in cheese sauce anyway) adds 1.5g

But any vegetable you like will add some fibre



**7.3 G**

Swapping to wholewheat pasta adds a whopping 2.7g.

If you don't like wholewheat there are white versions with extra fibre or demi-complet.

**10 G**

If you do all of the above your fibre count for one meal hits 10g!

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# SPAGHETTI BOLOGNESE

WITH ADDED FIBRE THE EASY WAY!



For extra fibre and a bit of a change from Spag bol, try Moroccan Spaghetti

**14**  
GRAMS

## Moroccan Spaghetti

Get your pasta cooking. Saute 1 onion and garlic in a pan. Tip in 2 cans of tomatoes. Add 1 tsp each of turmeric, cinnamon and cumin. Add a can of chick peas and a handful of chopped almonds. Add some fresh or frozen coriander leaf to finish and serve! Meal in minutes.

**11**  
GRAMS

Do all of the things listed below! That's over a third of the suggested 30g per day in one meal.



Switching to wholewheat pasta

**7.9**  
GRAMS

Standard bolognese with carrot, pepper and mushrooms added.



**7.2**  
GRAMS

With half a cup of cooked red lentils added. (Can add 1/4 cup dried to the pot with a bit extra water)



**6.1**  
GRAMS

**5.1**  
GRAMS



standard bolognese with white pasta,  onion,  puree and beef



## Breakfast Cereal

We all could do with adding a little fibre to our meals. Current advice is to aim for an average of 25 - 30g of fibre every day. This sounds like a lot.

Little additions to regular meals can make such a difference. Starting with a regular bowl of cereal, here are some easy ways to add a bit of fibre.

