












Fibre-fuelled swaps

Fibre is a key nutrient for a happy, healthy gut. A few simple swaps like the examples below, can give your fibre intake a big boost.

Try swapping...	For this...
 <p>Regular pasta 3.1g fibre per cup (cooked)</p>	 <p>Wholemeal pasta 8.8g fibre per cup (cooked)</p>
 <p>White rice 1.5g fibre per cup (cooked)</p>	 <p>Brown rice 2.9g fibre per cup (cooked)</p>
 <p>Bolognese sauce 4.5g fibre per cup</p>	 <p>Bolognese sauce with ½ cup lentils 9.3g fibre per cup</p>
 <p>Apple juice 0.5g per cup</p>	 <p>Whole apple 4.2g fibre per apple</p>
 <p>Plain crispbread 0.8g fibre per 4 crispbreads</p>	 <p>Wholemeal crispbreads 2.1g fibre per 4 crispbreads</p>
 <p>Cream cheese dip 0g fibre per tablespoon</p>	 <p>Hummus dip 1.2g fibre per tablespoon</p>

Try swapping...	For this...
 <p>White bread 1g fibre per slice</p>	 <p>Grainy wholemeal bread 3.4g fibre per slice</p>
 <p>Potato crisps 0.4g fibre per handful</p>	 <p>Nuts 2.2g fibre per handful</p>
 <p>Chocolate milkshake 0.3g fibre</p>	 <p>Fruit smoothie made with milk, banana and nuts 5.2g fibre</p>
 <p>Butter 0g fibre per teaspoon</p>	 <p>Avocado 3g fibre per ¼</p>
 <p>Lollies 0g fibre per handful</p>	 <p>Dried apricots 2.9g fibre per 10 dried apricots</p>
 <p>Vanilla ice cream 0g fibre per scoop</p>	 <p>Probiotic yoghurt and berries 2.3g fibre per ½ cup each yoghurt and berries</p>

- Men need 30g fibre per day
- Women need 25g fibre per day

