

**Eat  
More  
Fibre**

**Look After Your  
Insides**

**Your  
Questions  
Answered**

## Fibre

Fibre is the part of food which your body cannot digest. A regular intake of fibre is important for healthy bowels. As well as regular amounts of fibre in your food, you need to drink plenty of fluids especially water. About 8-10 cups daily is recommended to swell and to soften the fibre.

## The Benefits of Fibre

Fibre helps to:-

- Form regular, comfortable bowel habits.
- Prevent disease of the gall-bladder, bowel and circulation.
- Satisfy hunger.
- Control blood fat levels.
- Control blood sugar levels.

## Food sources of Fibre

- Wholemeal bread (wheatgerm, wheatmeal and standard brown loaves do not contain as much fibre. Check to make sure that 100% wholegrain is used). Try high fibre white bread.
- Wholegrain cereal, e.g. weetabix, branflakes or porridge.
- Wholemeal flour for chapattis and cooking.
- Wholemeal pasta.
- Wholegrain rice.
- Wholemeal biscuits, crackers and oatcakes.
- All vegetables, including potatoes are good for you.
- Salad.
- Fruit: fresh, frozen and dried. Eat edible skins - much of the fibre is in there.



- Try more pulses - peas, beans and lentils. These are filling, nutritious and cheap.

## Increasing your Fibre intake

It is important to introduce fibre containing foods slowly, to avoid problems with wind and discomfort. Take at least a month to get used to these new foods.

## Check your eating habits

Aim to establish a good eating pattern with three meals a day. If you need to eat in-between meals choose fresh fruit, wholemeal bread, wholegrain crackers, or wholegrain breakfast cereals.

## Breakfast

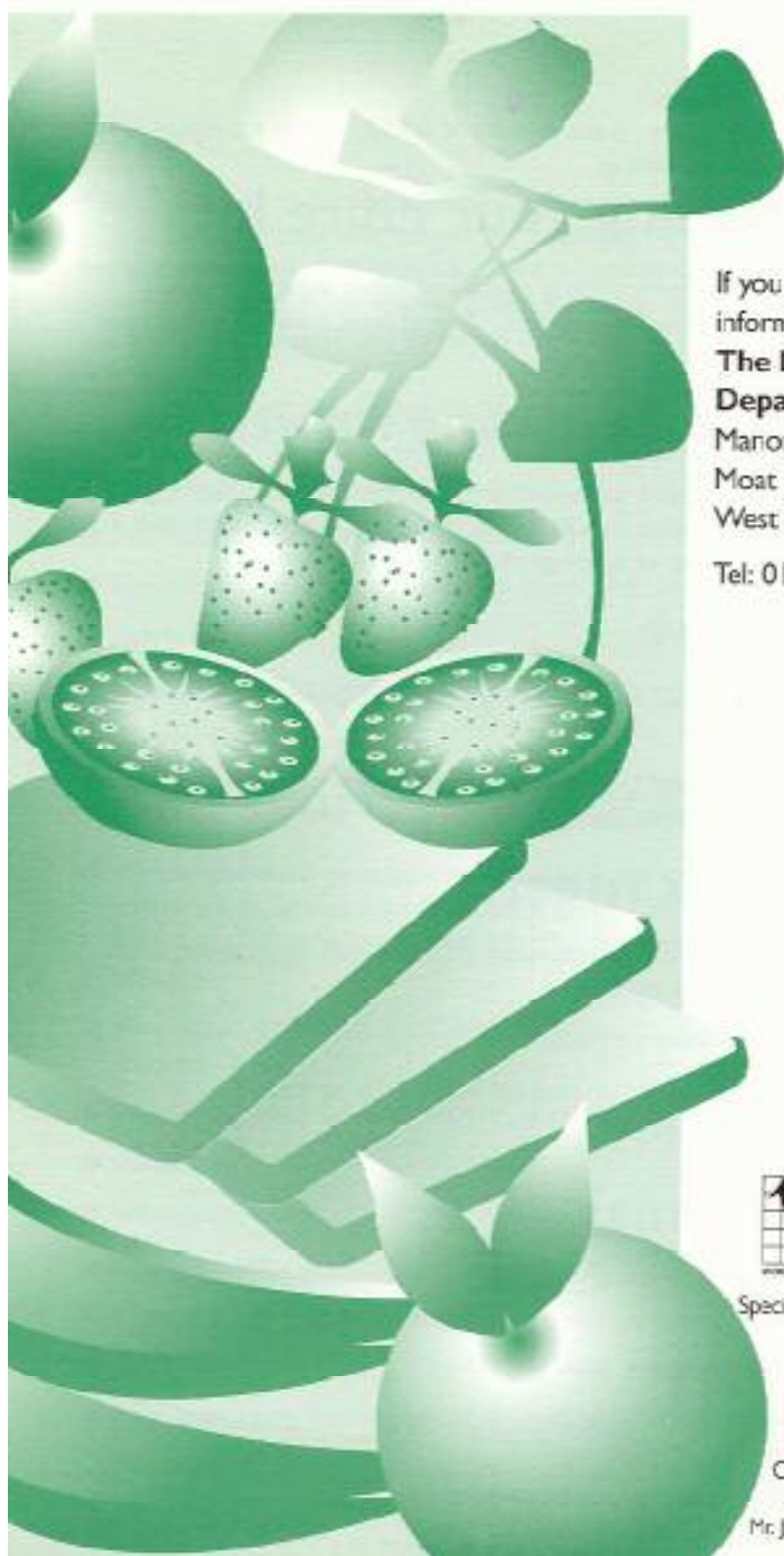
- Wholegrain cereal with milk - try adding chopped banana or other fruit
- And/or wholemeal bread/toast with a little margarine or butter. Add baked beans/tomatoes for extra fibre.

## Snack meal

- Lean meat or alternative (chicken, fish, egg, cheese, lentil or bean dish).
- Plenty of vegetables or salad.
  - Wholemeal bread or chapatti with a little spread.
  - Fresh fruit.

## Main meal

- Lean meat or alternative (chicken, fish, egg, cheese, lentil or bean dish).
- Plenty of cooked or salad vegetables.
  - Potatoes in their skins/brown rice/wholemeal pasta or wholemeal chapatti.
  - Fresh fruit or fruit based pudding.



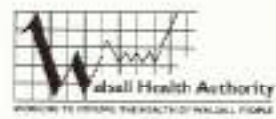
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