

Easy swaps to boost your daily fibre intake.

Did you know that almost 20 per cent of colorectal cancers could be prevented if Australians met their dietary fibre requirements?¹ Men should aim for 30g per day and women 25g.

Follow these easy swaps to boost your fibre intake today!



Processed cereals



Oats, muesli, porridge, whole wheat biscuits, high fibre cereal or bran flakes



White bread and wraps



Wholegrain, wholemeal or rye bread and wraps



White pasta, rice and couscous



Wholemeal pasta and couscous, brown rice, barley and quinoa



Juice



Whole fruits and vegetables blended



Butter



Hummus, avocado and nut spreads



Crisps, sweet biscuits and lollies



Roasted spiced chickpeas, multigrain crispbreads, popcorn, dried fruit and nuts (be sure to choose unsalted)

