

Find the fibre.

Nutrition information panels have to include the amount of energy, protein, fat, saturated fat, carbohydrate, sugar and sodium that is in the food. Some companies also choose to list the amount of dietary fibre.

What to look for?

When buying foods such as breakfast cereals, pasta, rice, noodles, couscous and bread, have a look at the nutrition information panel to see how much dietary fibre the product contains. As a rule of thumb, aim for at least 4g per serve!

NUTRITION INFORMATION		
Servings per package: 25		
Serving size: 40g		
	Qty per serving	Qty per 100g
Energy	640kj	1600kj
Protein	5.1g	12.8g
Fat, total	3.7g	9.2g
- Saturated	0.7g	1.7g
Carbohydrate	22.7g	56.7g
- Sugars	0.4g	1.0g
Dietary fibre	3.7g	9.2g
Sodium	2mg	6mg

Check to see what a serving is – it might be less than you think.

Aim for at least 4g per serve.

Can't see a label?

Not all companies choose to show how much dietary fibre is in the product. If this is the case, opt for wholegrain or wholemeal varieties. Fresh fruits and vegetables, chickpeas, beans and lentils, nuts and seeds are all other great sources of dietary fibre.

Other handy hints:

- Eat the skin on your fruits and vegetables to get the most fibre out of your food.
- Eating whole fruits and vegetables is better for your gut than drinking the juice. If choosing juice, be sure to stir in the pulp or blend in whole fruits and vegetables.
- Start increasing your fibre intake one meal at a time to avoid bloating, wind and too many trips to the loo. Drink plenty of water to avoid constipation.