

## **Easy swaps** to boost your daily fibre intake.

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

## Follow these easy swaps to boost your fibre intake today! Oats, muesli, porridge, Processed cereals whole wheat biscuits, high fibre cereal or bran flakes Wholegrain, White bread wholemeal or rye and wraps bread and wraps Wholemeal pasta White pasta, rice and couscous, and couscous brown rice, barley and guinoa Whole fruits and luice vegetables blended Hummus, avocado Butter and nut spreads Roasted spiced chickpeas, Crisps, sweet biscuits multigrain crispbreads, and lollies popcorn, dried fruit and nuts (be sure to choose unsalted)

Information and support

cancersa.org.au

References: 1. Nagle, CM, Wilson, LF, Hughes, MC, Ibiebele, TI, Miura, K, Bain, CJ, Whiteman, DC, Webb, PM. Cancers in Australia in 2010 attributable to inadequate consumption of fruit, non-starchy vegetables and dietary fibre. Aust N ZJ Public Health [Internet]. 2015 May [cited 2018, February 20]; 39: 422-428. Available from: 10.1111/1753-6405.12449 Acknowledgement goes to Cancer Council Queensland for original development of this resource.