

Fibre for a good gut.

Fibre helps your gut to work properly and can help lower your risk of bowel cancer. Some foods don't have much fibre and don't help to keep us healthy. These can be swapped for foods which have more fibre and help to keep our bodies working well.

Eat less of these: 



Eat more of these: 



Information and support

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cancersa.org.au

Acknowledgement goes to Cancer Council Queensland for original development of this resource.

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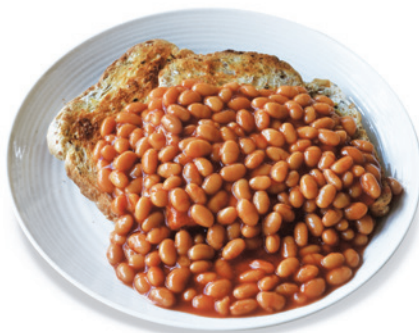
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Here are some ways to help get more fibre throughout the day.

Breakfast



Rolled oats with milk



Baked beans on grain toast



Fruit with yoghurt

Lunch and dinner



Salad sandwich



Vegetable and bean stew



Meat with lots of vegetables

Snacks



Fruit



Vegetables and dip



Grain crackers



Raw, unsalted nuts