

Are you eating enough fibre?

Almost 20 per cent of bowel cancers could be prevented if Australians met their daily dietary fibre requirements.

How much should we have?

Recommended fibre intakes for adults

Men	30g (per day)
Women	25g (per day)

**9g**

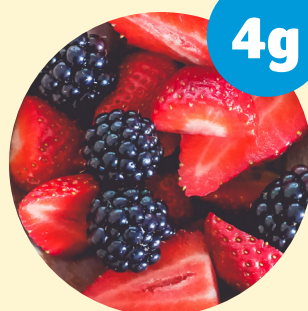
½ cup of cooked oats with 1 banana and a small handful (30g) of walnuts

**5g**

1 cup of carrot sticks with 2 tablespoons of hummus

**6g**

Salad sandwich with wholemeal bread

**4g**

1 cup of berries

**7g**

1 cup of wholemeal pasta and 1½ cups of cooked vegetables