

EAT MORE FIBRE

Having fibre-rich foods every day is important to keep our gut healthy.

Pick one small thing



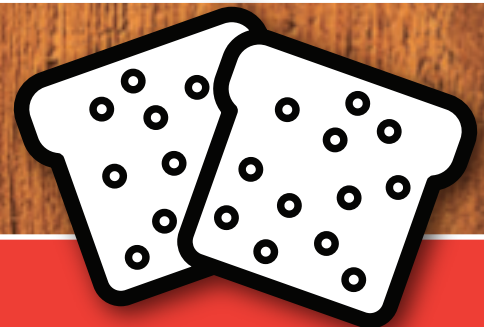
Choose bran-rich cereals for breakfast, such as bran flakes



Have oats or sorghum porridge rather than maize meal or maltabella



Samp and beans make a healthy high fibre meal



Choose wholegrain or seed breads and rolls for toast and sandwiches



Eat more fruits and vegetables which are good sources of fibre



Swap pasta and rice to wholewheat pasta and brown rice



Dried beans, baked beans, chickpeas, split peas, lentils and soya are all rich in healthy fibre



Small changes can make a big difference