



HOW TO GET 30G OF FIBRE IN A DAY?

DID YOU KNOW?

Fibre exists only in plant foods. Your body's enzymes can't break it down, but the **beneficial microbes** in your gut can! These microbes feed on fibre and, in return, help protect your immune system, digestion, and overall health.

WHY FIBRE IS IMPORTANT?

Fibre adds bulk to food and helps you feel full after eating. It keeps your digestion regular and prevents constipation. Fibre supports heart health by helping to lower cholesterol levels. It slows down the absorption of sugar, keeping blood sugar balanced. A fibre-rich diet can help maintain a healthy body weight. Fibre feeds the beneficial bacteria in your gut, strengthening immunity. Regular fibre intake helps reduce the risk of heart disease and type 2 diabetes.

HOW MUCH FIBRE DO YOU NEED?

- **Adult women: ≥ 25 g per day**
- **Adult men: ≥ 35 g per day**
- **Children: 8–13 g per 1000 kcal, or approximately age + 7 grams per day**

⚠ Very high fibre intake (above ~50 g per day) may reduce the absorption of minerals such as zinc, calcium and iron. If your current intake is low, increase fibre gradually to avoid digestive discomfort.

HOW TO INCREASE FIBRE IN YOUR DIET?

- Eat at least 500 g of fruits, vegetables, and berries daily
- Add beans, peas, or lentils to stews, soups, and salads
- Choose whole grains (like oats, rye, barley, brown rice, quinoa)
- Enjoy porridge or overnight oats for breakfast
- Include 2–3 slices of wholegrain or seeded bread (≥ 6 g fibre/100g) to your daily menu
- Snack on a handful of nuts and seeds daily
- Sprinkle flax, chia, hemp or sesame seeds on salads, smoothies, or yoghurt
- Add fresh or dried herbs and leafy greens to meals for extra fibre and antioxidants

💡 Fibre is food for your gut – and your gut takes care of you.

FOODS AND THEIR QUANTITIES THAT ADD ~5G OF FIBRE TO YOUR MEALS

Legumes & Pulses

75g – Beans (kidney, black, white, etc.), cooked

75g – Lentils, cooked

100g – Peas

80g – Edamame beans

65g – Chickpea hummus

25g – Lentil pasta (dry)

Fruits & Berries

100g – Black berries

80g – Raspberries

100g – Black currants

1 (180g) – Apple

100g – Pomegranate

1 (180g) – Pear

Vegetables

150g – Green beans

150g – Broccoli (cooked)

150g – Sweet potato with skin

150g – Spinach, kale or chard (cooked)

120g – Brussels sprouts (cooked)

Whole Grains & Bread

50g – Dark rye or pumpernickel bread

100g – Seeded sourdough bread

45g – Bulgur or whole spelt (dry)

50g – Pearl barley (dry)

45g – Quinoa (dry)

30g – Freekeh (dry)

50g – Buckwheat groats (dry)

60g – Rolled oats (dry)

30g – Oat bran (dry)

Seeds, Nuts & Extras

50g – Almonds, peanuts, hazelnuts or pistachios

40g – Walnuts

1 tbsp – Flaxseeds

1 tbsp – Chia seeds

1 tbsp – Hemp seeds

15g – Raw cacao powder

½ – Slice nut & seed loaf

5g – Psyllium husk

25g – Nutritional yeast

3 cups – Home air-popped popcorn

EXAMPLE: HOW TO GET 30 G OF FIBRE FROM MEALS PER DAY?

- **Overnight oats:** 60 g rolled oats (~ 5 g) + 1 tbsp chia seeds (~ 5 g) + 80 g mixed berries (~4 g) + yoghurt, milk or plant milk → **≈10-11 g** fibre
- **Lentil & vegetable soup:** 75 g cooked lentils (~ 5 g) + 150 g mixed vegetables (~ 3 g) + 50 g wholegrain bread (~ 3 g) → **≈9-11 g** fibre
- **Grilled salmon with quinoa & roasted vegetables:** 120 g of salmon + 90 g quinoa (cooked) (~ 3 g) + 200 g roasted vegetables (~ 5 g) → **≈8 g** fibre
- **Snack:** 180g apple with skin (~ 4 g) + 15 g almonds (~ 2 g) → **≈5-6 g** fibre