



Fibre Facts

Did you know...



In the UK, no age group is currently consuming the recommended amount of dietary fibre (on average)?



Fibre Facts

How much fibre do we need?

Age 2-5 years



**15g
per day**

Age 5-11 years



**20g
per day**

Age 11-16 years



**25g
per day**

Age 17 and over



**30g
per day**



Fibre Facts

Where's the fibre?



Fibre is found in a range of foods, including fruit, vegetables, pulses (beans, lentils and peas), nuts and seeds, starchy food (such as potatoes) and grains.



Fibre Facts

Simple swaps to increase fibre intake



white pasta



wholewheat pasta



white bread



wholegrain bread



corn flakes



wholegrain cereal