How to Get Your 30g of Fibre Each Day

Dietary fibre is a valuable component of our diet and essential for good health. It keeps the bowels healthy, it lowers cholesterol and keeps you fuller for longer, thus aiding weight loss. When increasing the fibre content of your diet, it’s also important to drink more fluids.

For adults, it is recommended to have **30g fibre per day**.

Here are some examples (breakfast, lunch, dinner and snack) on how you can get your 30g fibre each day!

**Meal Plan 1**

32g Fibre

### Breakfast

- **Raisin Bites**
  - 34g Carbs
  - 45g
  - 4g Prot
  - 1g Fat
  - 0g SatFat
  - 5g Fibre

### Lunch

- **Beans on Toast**
  - 60g Carbs
  - 66g bread, 195g beans, 10g butter
  - 377 Cals
  - 15g Prot
  - 10g Fat
  - 6g SatFat
  - 11g Fibre

### Dinner

- **Curry, Lentil (with brown rice)**
  - 75g Carbs
  - 280g curry, 157g rice
  - 607 Cals
  - 18g Prot
  - 28g Fat
  - 15g SatFat
  - 11g Fibre

### Snack

- **Pear**
  - 21g Carbs
  - 30g
  - 84 Cals
  - 1g Prot
  - 0g Fat
  - 0g SatFat
  - 5g Fibre

www.carbsandcals.com | CarbsAndCals | CarbsAndCals | CarbsAndCals | CarbsAndCals
MEAL PLAN 2

30g FIBRE

LUNCH

Chunky Veg Soup

21g Carbs

Cals

Prot Fat SatFat Fibre

Bap (wholemeal)

24g Carbs

Cals

Prot Fat SatFat Fibre

DINNER

Vegetarian Shepherd’s Pie

64g Carbs

Cals

Prot Fat SatFat Fibre

Peas

8g Carbs

Cals

Prot Fat SatFat Fibre

SNACK

Houmous & Low Fat Dippers

20g Carbs

Cals

Prot Fat SatFat Fibre

Malted Wheats

32g Carbs

Cals

Prot Fat SatFat Fibre

Houmous & Low Fat Dippers

50g houmous, 80g veg, 14g breadsticks

1 5-a-day

www.carbsandcals.com | CarbsAndCals | @CarbsAndCals | CarbsAndCals | CarbsAndCals
### Meal Plan 3

**31g FIBRE**

#### Breakfast
- **All Bran**
  - Carbs: 19g
  - Cals: 134
  - Prot: 6g
  - Fat: 1g
  - Sat Fat: 0g
  - Fibre: 11g

#### Lunch
- **Stuffed Peppers**
  - Carbs: 38g
  - Cals: 270
  - Prot: 5g
  - Fat: 1g
  - Sat Fat: 2g
  - Fibre: 3g

#### Dinner
- **Sweet Potato & Red Lentil Dahl with Nann**
  - Carbs: 76g
  - Cals: 425
  - Prot: 19g
  - Fat: 7g
  - Sat Fat: 1g
  - Fibre: 10g
  - Curry: 450g
  - Naan: 60g

#### Snack 1
- **Raspberries**
  - Carbs: 7g
  - Cals: 40
  - Prot: 2g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 5g

#### Snack 2
- **Almonds**
  - Carbs: 2g
  - Cals: 184
  - Prot: 6g
  - Fat: 17g
  - Sat Fat: 1g
  - Fibre: 2g