



Carbs & Cals



FREE APP
iPhone & Android

✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

HOW TO GET 30g FIBRE EACH DAY

Dietary fibre is a valuable component of our diet and essential for good health. It keeps the bowels healthy, 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)
of how you can achieve 30g fibre each day or more!

MEAL PLAN 1

32g FIBRE

BREAKFAST

Raisin Wheats

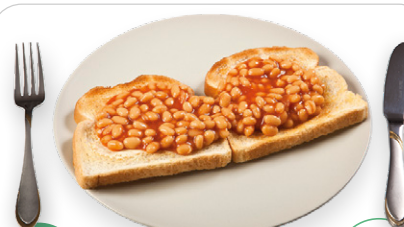


45g

34g Carbs	152 Cals	4g Prot	1g Fat	0g SatFat	5g Fibre
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LUNCH

Beans on Toast



66g bread, 195g beans, 10g butter

60g Carbs	377 Cals	15g Prot	10g Fat	6g SatFat	11g Fibre
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1 5-a-day

DINNER

Lentil Curry (with brown rice)



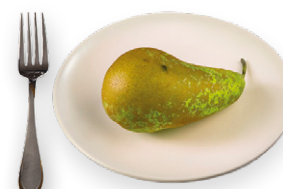
280g curry, 157g rice

75g Carbs	607 Cals	18g Prot	28g Fat	15g SatFat	11g Fibre
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2 5-a-day

SNACK

Pear



195g

21g Carbs	84 Cals	1g Prot	0g Fat	0g SatFat	5g Fibre
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1 5-a-day

MEAL PLAN 2

32g
FIBRE

BREAKFAST

Malted Wheats



32g Carbs	42g				
142 Cals	4g Prot	1g Fat	0g SatFat	4g Fibre	

LUNCH

Chunky Veg Soup



19g Carbs	260g				
101 Cals	4g Prot	2g Fat	0g SatFat	5g Fibre	

Wholemeal Bap



24g Carbs	51g				
124 Cals	5g Prot	2g Fat	0g SatFat	3g Fibre	

DINNER

Veggie Shepherd's Pie



66g Carbs	400g	2 1/2 5-a-day			
362 Cals	13g Prot	6g Fat	1g SatFat	11g Fibre	

Peas



8g Carbs	80g	1 5-a-day			
63 Cals	5g Prot	1g Fat	0g SatFat	4g Fibre	

SNACK

Houmous & Dippers



19g Carbs	50g houmous, 80g veg, 14g breadsticks	1 5-a-day			
224 Cals	5g Prot	15g Fat	2g SatFat	5g Fibre	

MEAL PLAN 3

35g
FIBRE

BREAKFAST

All Bran



19g Carbs
40g
134 Cals
6g Prot
1g Fat
0g SatFat
11g Fibre

LUNCH

Stuffed Peppers



33g Carbs
270g
1 5-a-day
203 Cals
9g Prot
4g Fat
2g SatFat
5g Fibre

DINNER

Lentil & Sweet Potato Dal with Naan



82g Carbs
450g curry
60g naan
3 1/2 5-a-day
445 Cals
19g Prot
7g Fat
1g SatFat
11g Fibre

SNACK 1

Raspberries



7g Carbs
160g
1 5-a-day
40 Cals
2g Prot
0g Fat
0g SatFat
5g Fibre

SNACK 2

Almonds



3g Carbs
30g
185 Cals
7g Prot
16g Fat
1g SatFat
3g Fibre