

PRACTICAL WAYS TO INCREASE FIBRE INTAKE

Fibre, also referred to as dietary fibre or roughage, is a component of plant foods which helps to lower blood sugar and cholesterol, and prevent constipation.

However, persons who consume a lot of refined foods, may not be getting enough. To increase fibre in your diet:

- Include more whole grains like rolled oats.
- Incorporate more provisions like breadfruit and sweet potato.
- Choose to eat more dried peas and beans, nuts and seeds.
- Include a variety of vegetables and fruits
- Add fresh or dried fruit to porridge and yogurt.
- Scramble eggs with spinach or tomatoes.
- Mash pumpkin into creamed ground provision.
- Replace some or all of the meat in meals with dried peas like lentils.
- Sprinkle seeds or chopped nuts over cereal and salad.
- Grow more of your own fruits and vegetables. This can help you eat more of them.

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