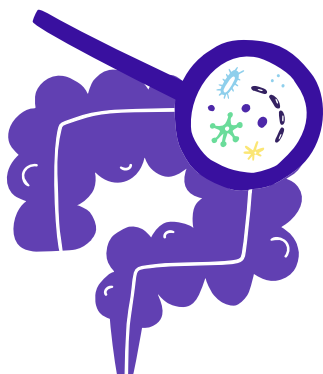


# THE FACTS ABOUT FIBRE

## WHY IS A FIBRE-RICH DIET IMPORTANT FOR YOUR HEALTH?



It helps to:

- Move your poos through your bowel quicker, which helps to prevent constipation
- Keep you feeling fuller for longer on fewer calories, to help maintain a healthy weight
- Support your gut health – fibre feeds the good bacteria in your gut
- Reduce the risk of bowel cancer, cardiovascular disease and type 2 diabetes

## WHAT FOODS ARE A GOOD SOURCE OF FIBRE?

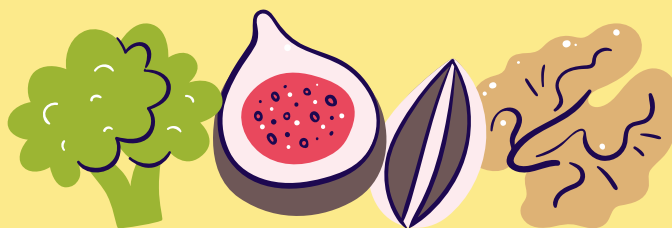
- Wholegrain breakfast cereals, such as porridge oats, shredded wheat, wheat biscuits and bran flakes
- Wholewheat pasta, wholemeal bread, brown rice, barley and rye
- Potatoes with skin
- Vegetables and fruit (fresh, dried, tinned or frozen)
- Pulses such as beans, peas and lentils (dried, tinned or frozen)
- Unsalted nuts and seeds



## WHAT IS FIBRE?

Fibre is a type of carbohydrate that can't be fully digested in your gut. It is found naturally in plant-based foods such as vegetables, fruit, wholegrains (like wholewheat pasta), pulses (beans, peas and lentils), and unsalted nuts and seeds.

Healthier diets are generally higher in fibre as they include more plant-based foods. These types of food also provide a range of different vitamins and minerals.



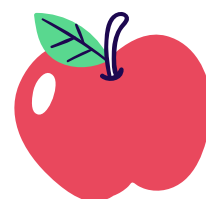
## HOW DO I KNOW HOW MUCH FIBRE FOOD CONTAINS?

Most pre-packaged foods have a nutrition label on the packaging, which tells you how much fibre the food has. A food is a 'source of' fibre if it has at least 3g of fibre per 100g, and is 'high in' fibre if it has more than 6g per 100g. Look for foods that are labelled 'source of fibre' or 'high in fibre' on the front of food packs.

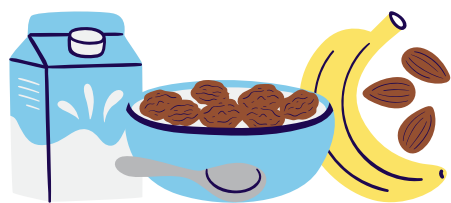
## HOW MUCH FIBRE SHOULD I HAVE A DAY?

Adults should aim to eat 30g of fibre a day, but most people don't reach this amount.

Children and young people aged 2 to 16 need less fibre than adults, with recommended amounts gradually increasing as they get older.



# HOW TO REACH 30G OF FIBRE A DAY – AN EXAMPLE



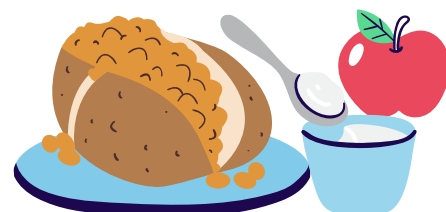
## Breakfast

40g bran flakes with semi-skimmed milk (5.4g)  
20g nuts (1.7g)  
1 banana (1.1g)



## Lunch

Two slices of wholemeal bread (5.2g)  
Small 80g tin of tuna  
100g salad - lettuce, red onion, cucumber and tomato (1.7g)



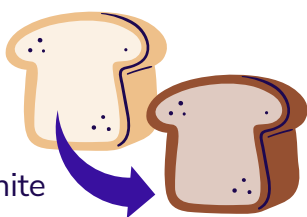
## Dinner

220g baked potato with skin (5.7g)  
200g baked beans with no added sugar and salt (11.8g)  
Standard pot plain yoghurt  
1 apple (1.4g)

**Total fibre : 34g**

## HOW TO EAT MORE FIBRE

- Choose high-fibre breakfast cereals like shredded wheat and oats, and add fruit, nuts and seeds for extra fibre
- Have a variety of at least five portions of fruit and veg each day – fresh, frozen and tinned all count
- Swap staple items like white bread, pasta and flour for brown, wholemeal varieties
- When baking, swap white flour for wholemeal flour



- Choose higher-fibre snacks like fruit, vegetable sticks with houmous, oatcakes with low fat soft cheese or a handful of unsalted nuts
- Add pulses like beans, lentils or chickpeas to stews, curries, sauces, soups and salads
- Include plenty of veg with meals, either as a side dish or added to sauces, stews, curries and soups
- Leave the skin on fruit, veg and potatoes



**Remember to gradually increase how much fibre you eat to help your body adjust.**

**Drink 6-8 glasses of water throughout the day as you increase the fibre in your diet. This helps fibre move through your gut more easily.**

For any enquiries or to request the information in large print, please contact us:

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