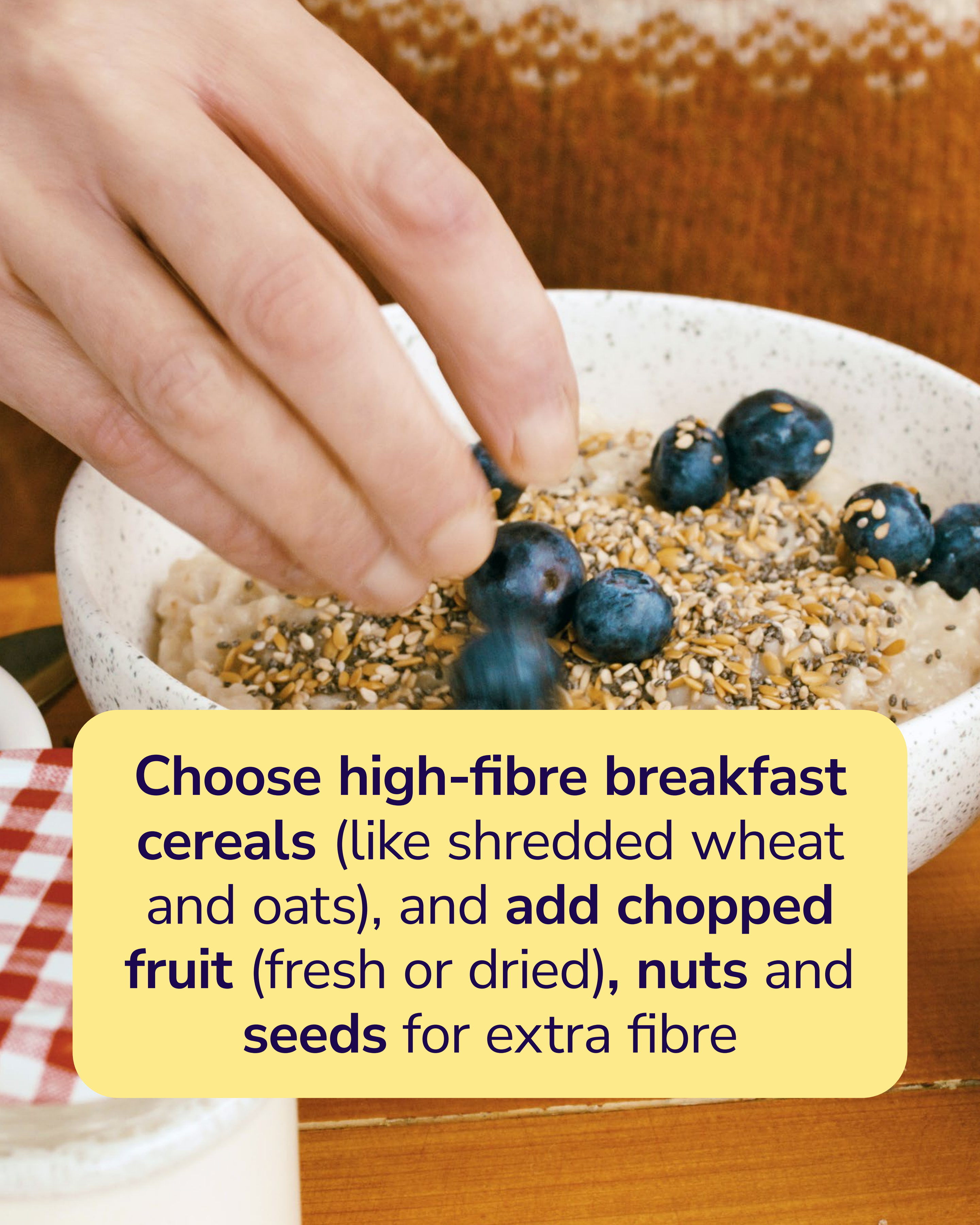


# Top tips to eat more fibre →

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






A close-up photograph of a person's hand placing fresh blueberries into a white ceramic bowl. The bowl contains a light-colored, creamy cereal base, likely shredded wheat or oats, which is topped with a generous amount of mixed seeds, including flaxseeds and chia seeds. The background is a warm, textured wooden surface. A red and white checkered cloth is partially visible in the bottom left corner.

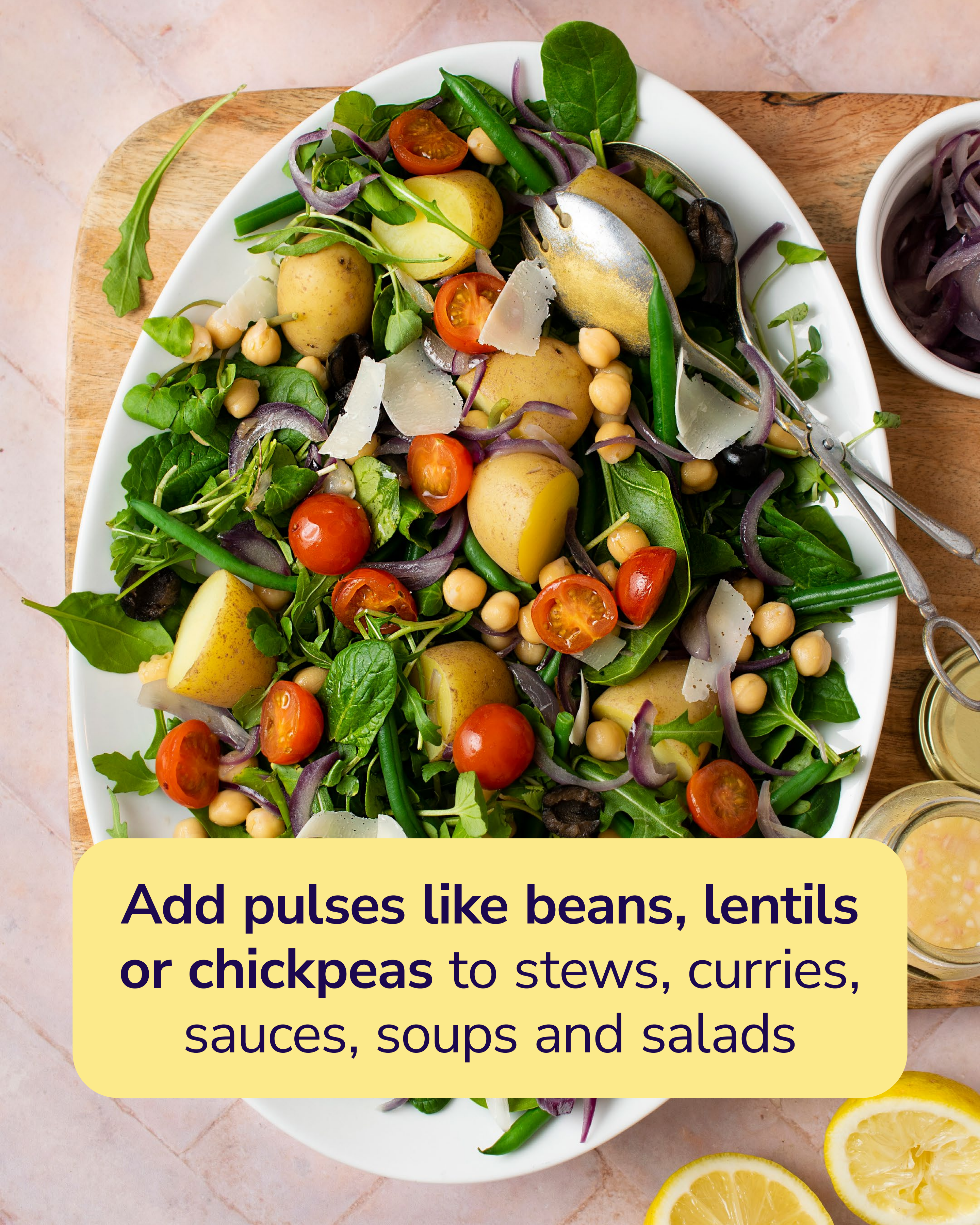
**Choose high-fibre breakfast cereals (like shredded wheat and oats), and add chopped fruit (fresh or dried), nuts and seeds for extra fibre**






**Have a variety of at least 5 portions of fruit and veg each day (fresh, frozen and tinned all count)**



A top-down view of a white oval bowl filled with a colorful potato salad. The salad includes halved yellow potatoes, chickpeas, cherry tomatoes (some whole, some halved), green peas, purple onions, and various green leafy vegetables like spinach and arugula. Shavings of white cheese are scattered throughout. A silver spoon and a pair of silver tongs are resting in the salad. The bowl sits on a wooden cutting board, which is placed on a light pink marble surface. To the right, a small white bowl contains more purple onions, and two glass jars with lids are visible. In the bottom right corner, there are several slices of lemons.


**Add pulses like beans, lentils or chickpeas to stews, curries, sauces, soups and salads**





**Choose wholegrain and  
brown varieties of bread,  
pasta, rice and flour**



A top-down view of a wooden dining table. In the center, a person's hands are holding a white bowl filled with a fresh salad of green leafy vegetables, sliced cherry tomatoes, sliced radishes, and avocado. To the left, there are two small glass bowls containing hummus and a red sauce. To the right, there is a larger dish with roasted vegetables including corn on the cob, bell peppers, and onions. A glass of water and a knife are also visible on the table.

**Include plenty of veg with meals – either as a side dish or added to sauces, stews, curries and soups**



A close-up photograph of a woven basket filled with fresh fruit. The basket contains several red and yellow apples, two large pears (one yellow-green, one yellow-orange), and several dark purple grapes. The fruit is resting on a light-colored, textured fabric surface. The basket's rim is made of light brown woven material.


**Leave the skin on fruit,  
veg and potatoes**






**For snacks – opt for fruit,  
vegetable sticks with  
houmous, rye crackers  
or oatcakes with low fat  
soft cheese or a handful  
of unsalted nuts**



A close-up photograph of a woman with blonde hair drinking from a clear glass. The glass contains water and a slice of lime. The background is blurred, suggesting an outdoor setting. The text is overlaid on a yellow rounded rectangle at the bottom of the image.

**Drink plenty of fluids  
throughout the day (around  
6–8 glasses each day for adults)  
– this helps fibre to move  
through your gut more easily**





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

**Get the facts:  
[wcrf.org/fibre-wholegrains-  
and-cancer](https://wcrf.org/fibre-wholegrains-and-cancer)**