

Switch to healthy whole grains for added fibre

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe switching from refined to wholegrains can help provide more fibre



Think fibre Think Wholegrains ...

Wholegrains and cereals are naturally rich in fibre. The problem comes when this fibre is stripped out to create highly processed and refined products such as white bread, pasta and rice. Aim for whole grains to ensure you're getting your fibre.



What are the benefits of whole grains & fibre?



Whole grains cereals and flours all provide fibre which is an essential nutrient for health and well-being. Fibre is found in all plant foods such as fruits, vegetables, legumes, nuts and seeds. The human body uses fibre for many processes, most importantly to support digestion and healthy gut function. Fibre helps feed our gut microbiome (the friendly bacteria that support health), and promotes regular bowel movement to ensure you effectively eliminate waste. Thanks to the fibre content, wholegrains cause less fluctuation to blood glucose levels than refined white grains, which provides more energy and helps you feel fuller for longer.

How much fibre should you be aiming for each day?



30g



20g



15g

Adults & 16+
*NHS Public Health Guidelines

5-11 years

2-5 years

HEALTH AND WELLBEING
222
Dietary and lifestyle factors are important determinants of overall health. Sleep 7-8 hours, ideally waking before sunrise. Eat regular meals and avoid drinking.

EAT A RAINBOW
7 a day
(5 veg and 2 fruit)
Keep moving and stay active. Use the stairs, walk whenever you can. Wash up more often. Wash better. Sleep rather than sit at your desk.

EXERCISE
Keep moving and stay active. Use the stairs, walk whenever you can. Wash up more often. Wash better. Sleep rather than sit at your desk.

DRINKS
Drink water, tea, coffee, green, fruit and herbal infusions, avoid alcohol that can add to your weight and risk of liver disease, including fruit juice.

LEAFY GREENS & SALADS
Eat leafy vegetables as well as whole grains. Use olive oil as your main cooking oil for both cooking and dressing, and butter or mayonnaise. Avoid margarine and trans fats. Eat raw nuts, seeds and avocado.

ROOT VEG & WHOLEGRAINS
Eat root vegetables as well as whole grains. Use olive oil as your main cooking oil for both cooking and dressing, and butter or mayonnaise. Avoid margarine and trans fats. Eat raw nuts, seeds and avocado.

POOLS
Use olive oil as your main cooking oil for both cooking and dressing, and butter or mayonnaise. Avoid margarine and trans fats. Eat raw nuts, seeds and avocado.

FRUIT
Eat 1-2 palm-sized portions of fruit a day. Choose different colours and eat locally (e.g. grapes, apples, pears, berries and seasonal).

OTHER VEG
Eat 1-2 palm-sized portions of fruit a day. Choose different colours and eat locally (e.g. grapes, apples, pears, berries and seasonal).

PROTEIN
Include fish, poultry and eggs over processed sources of protein, and eat lean red meat occasionally. Eat pulses, lentils, beans, chickpeas and nuts and seeds as regular protein. Limit dairy to a small portion of cheese. Half a cup of low-saturated-fat yoghurt or a small glass of milk a day.

THE WELLNESS SOLUTION
Multi-visit and with a dietitian (D) for food groups. Practice your food group support as advised by nutrition healthcare professional.

BANT
THE BRITISH ASSOCIATION FOR NUTRITION AND LIFESTYLE MEDICINE

June 2013 © BANT

Download the BANT wellness Solution

