Mind the Fibre Gap!

Cholesterol SMART®

Simple Swaps, Big Gains.

96% OF US AREN'T REACHING OUR 30g DAILY FIBRE GOAL

WE'RE AROUND **10g SHORT** EACH DAY **30g** Let's fill the Gap!

Ready to start filling the gap? Pick your swap...

	0.9g → 6.7g		Bran flakes & berries	+	✓ 1 of your 5-a-day
	0g → 1.9g		1 orange	+	✓ less sugars
	2.3g → 7.3g		Lower-fat cheese sandwich with wholemeal bread, vegetable spread and salad	+	✓ fewer calories! ✓ less sat fats
	1.3g → 3.8g		Plain, unsalted popcorn	+	✓ less salt
 Carbonara Pasta	6.4g → 18g		Arrabbiata wholewheat pasta + beans + mushrooms	+	✓ less sat fats ✓ more protein ✓ 2 of your 5-a-day
	0g → 1.2g		Low fat choc mousse & prunes	+	✓ fewer calories ✓ less sat fat ✓ less sugars ✓ 1 of your 5-a-day
	0.7g → 3.9g		Wholemeal slice toast with peanut butter	+	✓ less sat fat ✓ less sugars ✓ more protein
	1.1g → 2.9g		Diet yogurt, chia seeds & banana	+	✓ fewer calories ✓ less sat fat ✓ more protein ✓ less salt ✓ 1 of your 5-a-day

WHY FIBRE? Your ♥ Loves It!

- Supports overall heart health
- Some help lower cholesterol
- Nature's prebiotic
- Supports health from the inside out

FIBRE NEEDS WATER TO WORK PROPERLY, SO REMEMBER TO DRINK PLENTY OF FLUIDS.

BUILD UP GRADUALLY. TRY ONE OR TWO SWAPS EVERY FEW DAYS TO GIVE YOUR BODY TIME TO ADJUST.

Hungry for more inspiration to bridge the 10g fibre gap? See over

More ways to fill that 10g fibre gap

Find your fix. Mix and match. Add a little extra.

Cholesterol SMART®



Wake up to more fibre

Oats the cholesterol-buster. 35g oats, soya drink or skimmed milk, 1/2 tbsp chia seeds, a small sprinkle of almonds, and a large handful raspberries.	11g
Britain's favourite, baked beans (200g tin) on a thick slice wholemeal toast.	13g
Scrambled with veg. 2 scrambled eggs with 50g sliced or chopped mushrooms, served with a grilled tomato and 2 slices of wholemeal toast.	9g
Smashed avo on toast. 1 thick slice wholemeal toast topped with half an avocado, smashed with 6 chopped cherry tomatoes, and 80g sliced mushrooms lightly fried in rapeseed oil.	9g
Peanutty banana toasties. A toasted sandwich filled with peanut butter and a small, sliced banana between two thick slices of wholemeal bread.	9g
Fruity & nutty wholegrain bowls. Any wholegrain breakfast cereal such as bran flakes, Weetabix, Oatibix, shredded wheat, Cheerios, muesli served with low fat milk, a small handful strawberries and almonds.	9g

Give lunch a fibre lift

Any bean and vegetable soup (e.g., lentil, carrot, butternut squash) with a wholemeal roll.	11g
Chickpea and roasted vegetable salad. Made with chickpeas, new potatoes, roasted mixed vegetables, lettuce, red pepper and fat free French dressing.	13g
Go Mediterranean. Stuff a wholemeal pitta pocket with 1 tbsp of hummus, 2 falafel and plenty of lettuce, chopped cucumber, tomatoes and sliced onions.	9g
British classic. Jacket potato with baked beans and sweetcorn.	16g
Spicy chicken pitta pockets — Click or scan for recipe	10g
Mediterranean salmon pasta — Click or scan for recipe	8g

Make your main meal count!

Herb & garlic baked chicken — Click or scan for recipe	10g
Chickpea and spinach curry with brown rice.	10g
Salmon with roasted vegetables and quinoa.	9g
Spicy lemon couscous & bean stuffed peppers — Click or scan for recipe	9g
Chicken noodles. Pan-fried chicken pieces with broccoli, beansprouts, sweetcorn and thinly sliced carrots, seasoned with reduced-salt soy sauce and served with wholewheat noodles.	9g
Roasted butternut squash macaroni — Click or scan for recipe	15g

Nibbles…little bites, gentle fibre boosts

A handful of almonds and a spoonful of raisins	4.5g
Wholemeal toast spread with peanut butter	4g
3 tbsp hummus and lots of vegetable sticks or oat cakes	8g
Air-popped, unsalted popcorn (large bowl)	4.4g
0% fat Greek-style yogurt with 1 tsp chia seeds and a small handful berries of your choice	3.5g
A handful of roasted chickpeas (in the oven or air fryer)	3g

Small extras to boost fibre in any meal.


Any piece of fruit e.g., small banana, an apple, an orange


Handful of strawberries, raspberries, blueberries


2 servings of vegetables (80g each)


1 tbsp chia seeds


Small handful of nuts or peanuts (25g)



200g can of baked beans


Half a large can beans drained (120g)


Small portion wholewheat pasta, pearl barley or quinoa


1 medium sweet potato

Good sources of fibre. Try to include a mix of these in each day.

- **Wholegrains.** e.g., wholemeal bread, brown rice, oats, quinoa
- **Pulses.** e.g., beans, lentils, chickpeas, peas
- **Fruit.** e.g., apples, berries, pears, oranges
- **Vegetables.** e.g., carrots, broccoli, spinach, peppers
- **Nuts and seeds.** e.g., almonds, walnuts, chia seeds, flaxseeds

CLICK OR SCAN TO FIND OUT MORE
www.heartuk.org.uk/cholesterol-smart/fibre

www.heartuk.org.uk

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