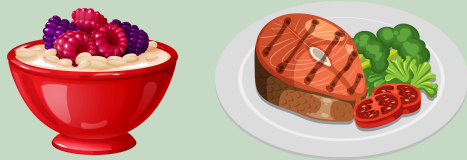


Feeling Good with Fibre

Simple ways to increase your fibre intake

Include a fruit or vegetable at every meal and snack



Add chopped vegetables into your pasta sauce and casseroles. Top your cereal, oatmeal or yogurt with fruit

Choose whole-grain and whole-wheat products over refined ones.



Choose whole-wheat crackers, bread, and pasta

Incorporate more plant-based proteins

In chilis, stews and soups, consider adding chickpeas, lentils or beans.

Foods High in Fibre



Berries



Pears



Oatmeal



Potatoes with skin



Peas



Apples



Legumes & beans



Carrots



Nuts



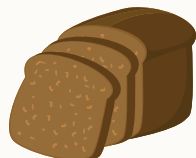
Broccoli



Avocado



Lentils



Whole Wheat Foods



Oranges



Barley