



Fibre is also known as roughage. It is a mixture of plant substances.

It provides bulk in the diet and encourages the correct functioning of the bowel.

The following suggestions will help you to increase the fibre content in your diet. You should introduce the fibre gradually into your diet.

- 1 Flour – choose brown or wholemeal flour instead of fine white (No.1).
Mix different flours like Jowar (Sorghum), Bajri (Pearl millet), Ragi (Finger millet), Gram flour, Oat flour etc. to make dough for roti/naan.
- 2 Have whole meal or high fibre white breads instead of white breads
- 3 Use wholegrain breakfast cereals such as Weetabix, Shredded Wheat, Shreddies, Bran Flakes, Muesli or Porridge oats
- 4 Try wholewheat pasta or brown rice or mix half and half instead of white
- 5 Aim for 5 or more portions of fruit and vegetables per day – fresh, frozen, tinned, juiced, dried, smoothies (150ml) all count
- 6 Eat Lentils, dhals, chick peas, beans and peas regularly. Try to use whole pulses with the hull and skin instead of split.
- 7 Eat jacket potatoes and the skin
- 8 You will need to drink more fluid when you increase your fibre intake. Drink 8-10 cups per day as a minimum. This can be any drinks such as water, tea, coffee, unsweetened fruit juice.

SUGGESTED MEAL PLAN

Breakfast

Fresh Fruit or fruit juice (150ml)
Wholegrain cereal and milk or whole meal chapatti or whole meal bread.

Mid-morning & mid-afternoon snack

Tea, coffee, or unsweetened fruit juice
Fresh fruit, dried fruit and nuts
or Wholegrain biscuit. Unsalted nuts and seeds, Hummus with vegetable sticks (carrots, cucumber, celery)

Main meals (Lunch & Dinner)

Dhal, Lentils, Beans and/or meat, fish, egg, or cheese
Brown rice or whole wheat pasta or jacket potato or whole meal bread or chapatti/whole meal pita.
Vegetable dish or salad
Yogurt or Lassi and a piece of Fruit

Bedtime

Milk or milky drink such as:
Indian Tea, Ovaltine, Horlicks
Wholegrain biscuit or Wholemeal bread.