

# TOP TIP

## How can I fit in more fibre?

- Eat more fruits and veggies.
- Include legumes (beans, peas and lentils) in soups and stews.
- Add nuts and seeds to baking mixes and cereal or porridge.
- Choose wholegrain cereals.

<b>Men:</b>	<b>Under 50 years</b>	<b>Over 50 years</b>
	<b>&gt; 38g fibre per day</b>	<b>&gt; 30g fibre per day</b>
<b>Women:</b>	<b>&gt; 25g fibre per day</b>	<b>&gt; 21g fibre per day</b>

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