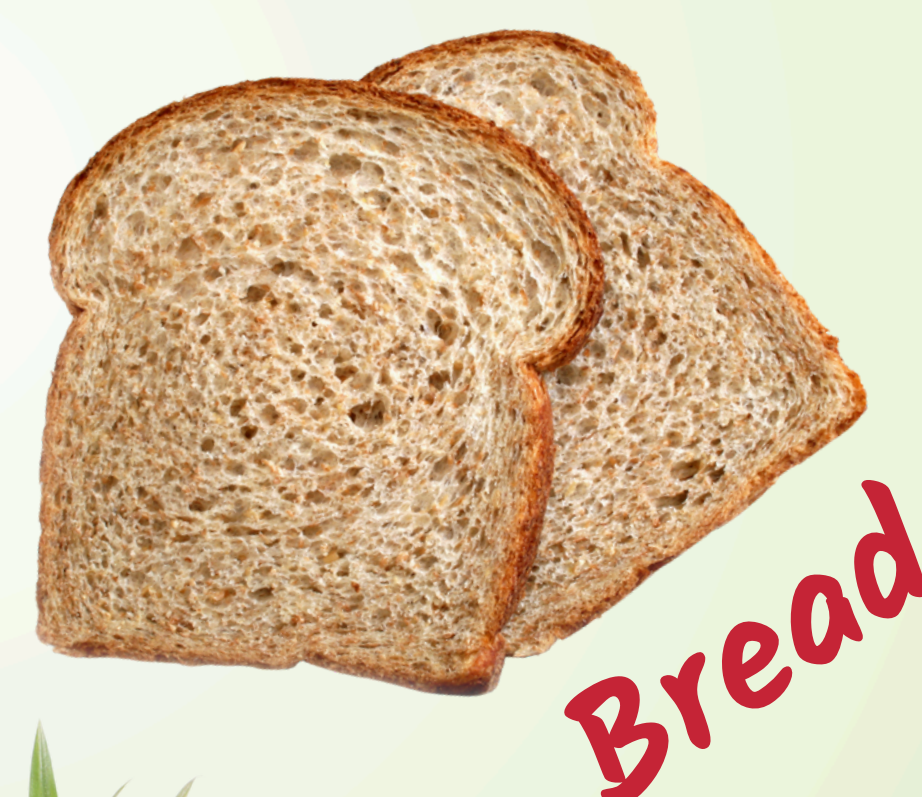


Foods that give us fibre



Fibre is important for our gut health because it keeps us feeling full, cleans our large intestines and helps us go to the toilet.

Tip:

Wholegrain products, such as brown bread, brown rice, oats and wheat biscuits, are higher in fibre.