Easy ways to boost fibre at breakfast

Helping you achieve the new UK fibre recommendations: 30g/day

- Cereals and Cereal Toppers -

Bran Flakes

1 small bowl

Amount: 30g | Fibre: 4.0g

Breakfast Wheat Biscuits

2 biscuits

Amount: 40g | Fibre: 3.9g

Porridge Oats

4 tablespoons

Amount: 40g | Fibre: 3.1g

Muesli (No Added Sugars)

4-5 tablespoons

Amount: 50g | Fibre: 4.3g

Alpro Plain with Oats

alternative to yogurt

1 small serving

Amount: 150g | Fibre: 3.5g

Alpro Oat Original Drink

1 glass

Amount: 200ml | Fibre: 2.8g

Almonds

1x handful

Amount: 28g | Fibre: 2.5g

Pistachio Nuts

1x handful

Amount: 28g | Fibre: 2.9g

Chia Seeds

1 tablespoon

Amount: 15g | Fibre: 5.1g

Sunflower Seeds

1 tablespoon

Amount: 16g | Fibre: 1.3g

Nuts & Seed Mix

1x handful

Amount: 30g | Fibre: 1.7g

Canned Prunes

6 prunes

Amount: 80g | Fibre: 5.5g

Dried Apricots

4 apricots

Amount: 40g | Fibre: 4.1g

Dried Apples

4x rings

Amount: 30g | Fibre: 3.9g

Blackberries, Strawberries or Raspberries

1x handful

Amount: 80g | Fibre: 2.6 - 3.3g

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- Toast & Tasty Toppers -

Wholemeal Bread

2 slices

Amount: 80g

Fibre: 5.6g

50/50 Bread

2 slices

Amount: 80g

Fibre: 3.8g

Granary Bread

2 slices

Amount: 80g

Fibre: 5.4g

Peanut Butter

2 tablespoons

Amount: 32g

Fibre: 2.1g

Avocado

1/2x avocado

Amount: 73g

Fibre: 3.3g

Baked Beans

1 small can

Amount: 200g

Fibre: 9.8g

Grilled Tomato & Mushrooms

1 medium tomato

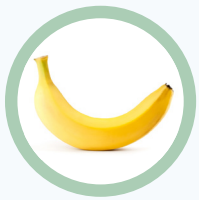
Amount: 80g tomatoes

3 heaped tbsp sliced mushrooms

Amount: 85g mushrooms

Fibre: 1.5g

Banana



1x medium banana

Amount: 100g

Fibre: 1.4g

- The Pink Fibre Delight Smoothie -

Whizz together 200ml Alpro Oat Drink, 50g raspberries, 30g pink grapefruit, 50g banana and a sprinkle of freshly grated ginger

Amount: 334g

Fibre: 5.7g

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