

We should
eat foods rich in fibre as they can help to:



prevent
constipation



maintain a healthy
body weight



lower the risk
of diabetes



reduce risk of
heart disease

Eat more fibre and your body will thank you for it!

Fibre Intake Checklist

- ☐ I eat whole grains and wholegrain products every day
- ☐ I substitute meat with legumes or lentils at least twice a week
- ☐ I eat fresh fruits for dessert
- ☐ I always include vegetables in my lunch and dinner



This leaflet is part of the Nutrition Month Malaysia (NMM) 2018 "Your Only Choice: Eat Healthy & Be Active" Infographic Kit: Volume 3.

The
Infographic
Kit includes
11 key
messages:

- | | |
|---------------------------------------|-----------------------------------|
| 1 Basics of Healthy Diet | 6 Start Your Day Strong with Milk |
| 2 Stay Active Everyday | 7 Fibre for Health |
| 3 Eat Fruits and Veggies for Health | 8 Go Whole Grains |
| 4 Be Informed, Make Wise Food Choices | 9 Keep Your Heart Healthy |
| 5 Make Time for Breakfast | 10 Healthy Digestive System |
| | 11 Good Bacteria Balance |

Visit www.nutritionmonthmalaysia.org.my to obtain the full set of leaflets and other educational materials from NMM programme.



FIBREMEAL RANGE

FILL UP WITH FIBRE & FEEL SUPER ALL DAY.



FEEL HEALTHIER WITH GARDENIA'S FIBREMEAL RANGE CONTAINING YOUR DAILY DOSE OF FIBRE. EACH DELICIOUS BITE IS A BITE OF NUTRITIOUS GOODNESS. THE PERFECT WAY TO START YOUR DAY.



Fibre for Health

*Start with
whole grains*



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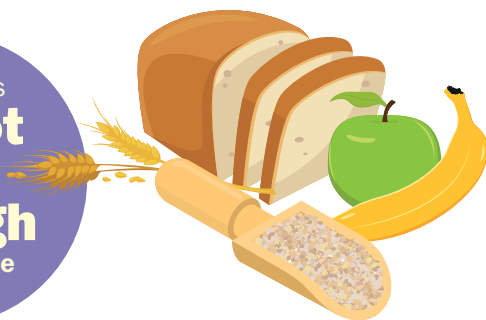
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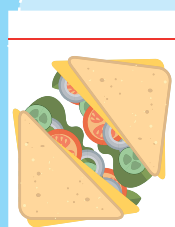
Fill Up on Fibre

The recommended amount of dietary fibre is **20-30g per day**

Malaysians **do not eat enough** dietary fibre



Follow these tips to meet the recommended daily intake!



Kick-start your day with wholegrain bread that has various fillings such as tuna, egg, fruit and jam, or peanut butter

Switch to whole grains by consuming wholegrain bread or brown rice instead of white bread or rice



Have fresh fruits for dessert and add more vegetables in your meals

Substitute meat with legumes or lentils two or three times a week



Choose high-fibre snacks such as fresh fruits, raw vegetables, whole-grain crackers, beans or nuts

Substitute white flour with wholegrain flour when baking, or add oatmeal to muffins, cookies, or cakes

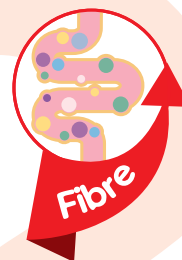


INCREASE your fibre intake gradually...



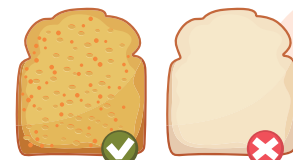
Why...

To avoid flatulence (wind), abdominal bloating and cramping



To allow the bacteria in your digestive system to adjust to the increase in fibre

How...



Make small changes in your eating habits each week e.g. switching from white bread to wholemeal bread

Avoid eating fibre-rich foods all in one meal. Instead, spread out by consuming them throughout the day at each meal (breakfast, lunch, dinner) and as snack



Also remember:

Drink plenty of water (six to eight glasses) every day



It is better to add fibre to your diet from food sources rather than from fibre supplements as these may aggravate constipation, especially if you do not drink enough water.

Idea to Increase Fibre Intake with Whole Grains

Nutty Banana Toast

Serves 2

Ingredients

2 slices wholemeal/wholegrain bread
½ banana, thinly sliced
3 pieces pitted prunes, chopped
1 tbsp chopped nuts
1 tsp honey

Method

1. Place the banana slices on the bread.
2. Garnish with the prunes and nuts.
3. Drizzle with honey, then toast in an oven until the bananas are soft.
4. Serve immediately.

Nutrient Content Per Serving

Calorie **133 kcal**
Carbohydrate **24.2 g**
Protein **3.7 g**
Fat **2.4 g**