

Fibre in your diet



Managing Constipation

General daily recommendations

Dietary fibre = 18-30g

Fruit and vegetables = 5 portions

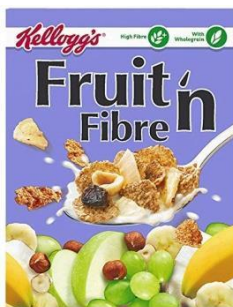
Fluid intake = 1.5 – 2 litres





Breakfast Cereals

Here are some suggestions:



Bread

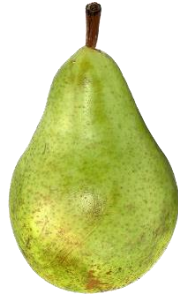
Here are some suggestions:





Fruit

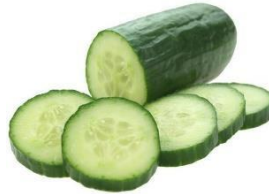
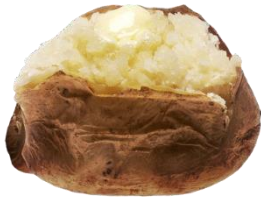
Here are some suggestions:





Vegetables

Here are some suggestions:



Rice and Pasta

Here are some suggestions:

