

The challenge and opportunity for health

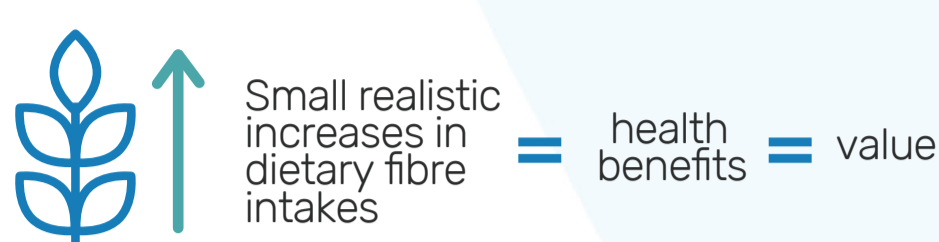
# Fiber Toolkit

## Helping People to Change


Translating the science of fibre into practical recommendations that support behaviour change remains a challenge for health professionals.




On average, intakes for adult males in Europe range from 18-24 g per day and for females 16-20 g per day




## Behaviour change tips




Personal motivations vary. Adapting information appropriately supports behaviour change.



Focus on plant foods, rather than fibre itself.



Discussing foods versus single nutrients.



Support unified strategies from government and industry.

## Overcoming fear factor of gastro-intestinal symptoms



For many people, increased dietary fibre can result in unwanted digestive side-effects including bloating, excess flatulence and a change in bowel habit. These symptoms can arise due to increased fermentation of fibre in the large bowel. Increasing fibre gradually allows for the gut microbial populations to adapt. Increased quantities of fibre also requires an increase in fluid intake to support digestive function. These recommendations are key when counselling patients and clients on increasing their intake of plant-based foods.



For those with irritable bowel syndrome (IBS), a personalised approach is recommended. In some circumstances a diet that supports a reduction in fermentable carbohydrates known as oligo-, di-, mono-saccharides and polyols, also called the low FODMAP diet, may be of benefit, however this is only recommended with the support of a FODMAP- trained registered dietitian to ensure efficacy and safety.<sup>1</sup>

## Cost

Affordability is a key driver of dietary choices, and fibre consumption has been found to be inversely associated with socioeconomic status. Results of the Low Income Diet and Nutrition Survey (LIDNS) found a positive association between level of education and intake of fruit and vegetables, and 36% of respondents reported they couldn't afford to eat balanced meals.<sup>2</sup> It is vital not to overlook the inclusion of cost-effective solutions and budget recipes, as well as non-cooking-based strategies to support increased intakes of fibre and improved food quality in low-income populations.

Look for a <b>high fibre breakfast cereal</b> like those based on whole grains or oats	Add some extra crunch and sweetness to your porridge or cereal with <b>nuts and dried fruit</b>	Add some <b>spinach, tomato, mushrooms and beans</b> to your next fry up	Leave the <b>skin on fruits, vegetables and potatoes</b> where you can to save time and fibre	Fancy a salt crunch? <b>Switch from crisps to popcorn</b>	Switch from white bread to bread made with <b>wholemeal flour</b>
Use <b>plantbased drinks or PB alternative</b> to yoghurt for breakfast	Keep a bag of <b>frozen vegetables</b> in your freezer to throw into any meal	Throw <b>extra beans</b> into your next stew, soup or Bolognese	Serve your sauce with <b>wholemeal pasta</b> instead of white	Snack on <b>fresh fruit with nuts or vegetable crudites</b> and hummus	Make the simple swap to <b>brown rice</b> instead of white

Table 1

## Example day meeting 30g of fibre

Meal	Food item	Portion size	Fibre
Breakfast	Porridge oats	40g	8.6
	Oat drink	150ml	
	Dried apricots	4 fruits	
	Almonds	15g	
Lunch	Tomato soup	200g	10g
	Hummus	2 tbsp	
	Wholewheat toast	2 slices	
Snack	Raspberries	80g	7g
	Soya alternative to yogurt	125g	
Dinner	Chickpeas	80g	15g
	Quinoa	75g	
	Mixed vegetables	100g	
	Avocado	Half fruit	
<b>Total fibre intake</b>			<b>40.6</b>

Table 2

## High-fibre meal ideas

Meal	Food item	Fibre	Percentage recommendations
Breakfast	Porridge oats – 40g Oat drink – 150ml Dried apricots – 4 fruits Almond – handful (15g)	8.6g	29%
	Wholemeal toast – 2 pieces Peanut butter – 30g	7.6g	25%
	Wheat biscuits – 40g Oat drink – 125ml Hazelnuts – 28g	7.7g	26%
	Tinned prunes – 6 fruits Soya yogurt – 125ml	8.4g	28%
Lunch	Large jacket potato – 250g Hummus – 30g Sweetcorn – 80g	11g	37%
	Baked beans – 150g 50/50 bread – 1 piece	9.3g	31%
	Falafel – 2 pieces Hummus – 30g Wholewheat wrap – 1 Plus salad	10.3g	34%
Dinner	Spaghetti Bolognese – made with whole wheat pasta and replacing 50% meat with tinned beans	8.9g	30%
	Broccoli – 80g Carrots – 80g New potatoes – 5 (Served with a main meal)	8.4g	28%
	Raspberries – 80g Soya alternative to yogurt – 125g	7g	23%
Snack	Almonds – 30g Raisins – 30g	5g	17%

1. van Lanen AS, de Bree A, Greyling A. Efficacy of a low-FODMAP diet in adult irritable bowel syndrome: a systematic review and meta-analysis [published correction appears in Eur J Nutr. 2021 Jun 28;]. Eur J Nutr. 2021;60(6):3505-3522. doi:10.1007/s00394-020-02473-0

2. Nelson M, Erens B, Bates B, et al. Low Income Diet and Nutrition Survey. Summary of key findings. London: FSA; 2007