

12 easy ways to eat more fibre

Twelve tiny tweaks. One much happier gut.

Fuel your microbes with fibre and they will in turn, fuel your body and mind!

BREAKFAST

1

Sprinkle **mixed toasted seeds** on your breakfast – cereal, toast or eggs. Seeds don't discriminate.

2

Add **beans, grilled tomato and wilted spinach** to your next fry-up. A big breakfast that actually earns the name.

3

Top your yoghurt with **low-sugar granola or toasted oats**. Crunchy, lazy, excellent.

LUNCH & DINNER

4

Stir **cooked barley, lentils or chickpeas** into your favourite soup. Same soup, more substance.

5

Love lasagne? Swap a third of the mince for **cooked lentils**. Your gut microbes will throw a small party.

6

Bulk out a Bolognese with **lentils or legumes**, or grate in **onion, carrot and courgette**. Sneaky and delicious.

7

Making meatballs? Swap a third of the mince for **uncooked oats, lentils or legumes**. Same balls, more fibre.

BAKING & BREAD

8

Baking muffins? Replace a third of the flour with **quick oats**. Nobody will notice. Your gut will.

9

Switch from white bread to **wholegrain and seeded**. Small swap, big payoff downstairs.

SNACKS & SIDES

10

Stop peeling everything. The skin on your fruit and veg is where a lot of the fibre lives.

11

Keep **frozen veg** in the freezer at all times. Fast, cheap, and it counts.

12






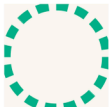
Snack on a small handful of **nuts, seeds and dried fruit** when the hunger gremlins arrive.

How diverse is your plate?

A little planning is the secret ingredient to getting the most out of your meals. Before you start, it's helpful to reflect on how many plant-based foods you currently eat.

DIVERSITY TRACKER

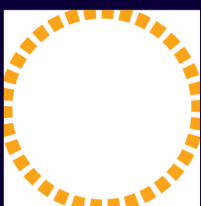
Your gut microbes **love variety**. Over the next seven days, jot down every different plant-based food you eat in each category. Then tally it up below.

<p>Fruit e.g. apple, banana</p>  <p>TOTAL</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Vegetables e.g. carrot, tomato</p>  <p>TOTAL</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Wholegrains e.g. wheat, quinoa</p>  <p>TOTAL</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Legumes e.g. chickpeas, lentils</p>  <p>TOTAL</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Nuts & Seeds e.g. almonds, sunflower seeds</p>  <p>TOTAL</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Herbs & Spices e.g. rosemary, pepper</p>  <p>TOTAL</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

TALLY YOUR SCORE

One portion = one point.

Herbs and spices get a quarter point each (sorry, parsley).



WRITE YOUR TOTAL HERE

< 10

Let's get diversifying

Your microbes are bored. Time to mix it up.

10-19

Not bad

But your microbes want more. Keep adding.

20-29

Nearly there

You're cooking. Push for the full 30.

30+

Absolute legend

Your gut is thriving. Keep it up.

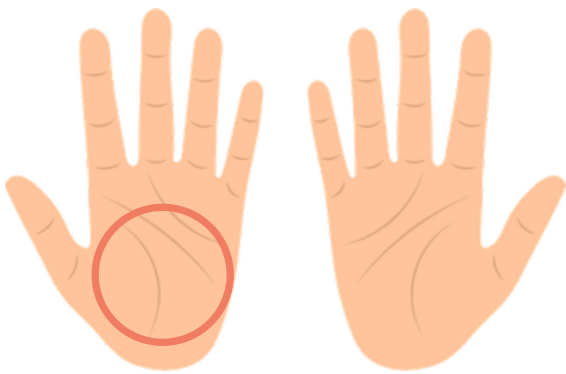
Adapted from Dr Megan Rossi's DiversityDiet (Eat More, Live Well, Penguin Life, 2021).

What counts as a **portion**?

A simple guide to portion sizes — no measuring required.

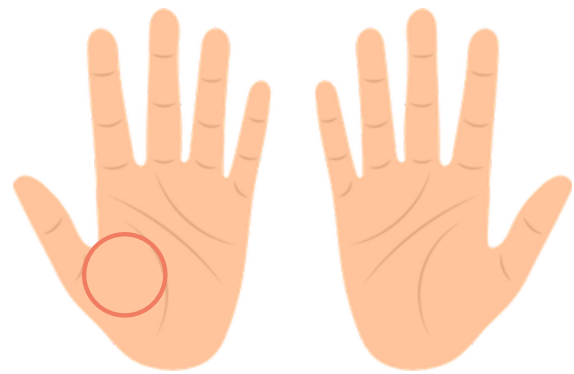
Fibre-rich food deserves a prominent place on your plate. But you don't need to weigh anything — your hands are a handy ready-made measuring tool. **One portion of each food group looks like this:**

YOUR HANDS, YOUR GUIDE



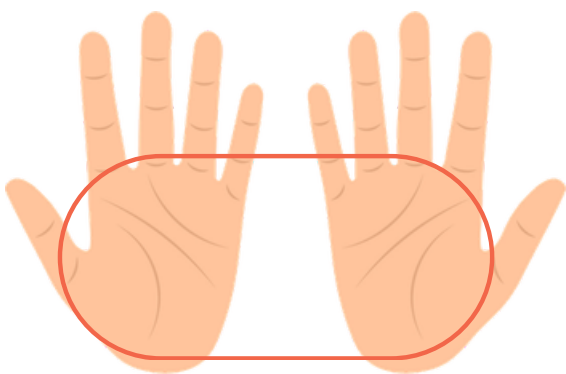
Fruit

A piece roughly **the size of your palm**



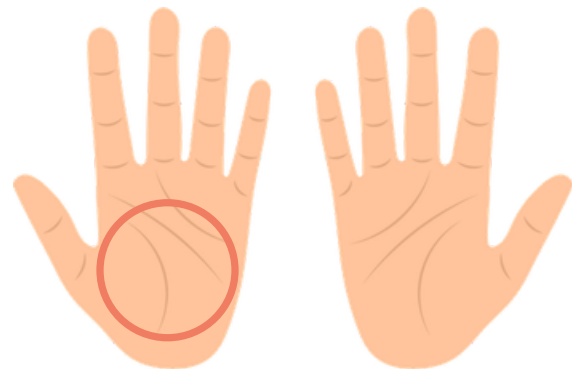
Nuts & Seeds

A small amount — the size of the base of your **thumb**



Vegetables

A generous portion — about **both hands together**



Wholegrains & Legumes

A generous portion — about **a full palm**

Adapted from Dr Megan Rossi's Diversity Diet (Eat More, Live Well, Penguin Life, 2021).