

High-fibre lunches, without the meal prep.

A practical one-page guide for choosing a higher-fibre lunch when buying food in New Zealand. Meals built around wholegrains, legumes, vegetables, and fruit make it much easier to reach daily fibre targets.

WHAT TO LOOK FOR

- ✓ Wholegrain or seeded bread, wholemeal wraps, brown rice, quinoa, barley, or kūmara as the base.
- ✓ Beans, lentils, chickpeas, hummus, falafel, or edamame to lift fibre quickly.
- ✓ Plenty of visible vegetables such as salad leaves, carrot, beetroot, slaw, tomato, broccoli, or roasted veg
- ✓ Fruit on the side if the main meal looks light on plants.

BETTER CHOICES WHEN BUYING LUNCH

1



CAFÉ

Wholegrain sandwich or wrap with salad, hummus, chicken, falafel, or egg.

Wholegrain breads plus salad and legume-based fillings can provide a strong fibre boost compared with white bread and low-veg fillings.

2



SUSHI SHOP

Brown-rice sushi with avocado, cucumber, carrot, seaweed salad, plus edamame.

Brown rice, vegetables, and soybeans raise fibre more than standard white-rice sushi alone.

3



SALAD BAR / HEALTHY CAFÉ

Bowl with greens, beans or lentils, wholegrains, roasted veg, and a protein.

Bowls built on legumes and wholegrains are one of the easiest ways to get into the 10 g+ fibre range at lunch.

4



BAKERY / HOT CABINET

Vegetable soup with grainy toast, bean-based soup, or stuffed kūmara.

Beans, vegetables, and potato skins offer much more fibre than typical pastry-heavy options.

5



SUPERMARKET DELI

Bean salad or lentil salad plus a veg-heavy salad bowl and wholegrain roll.

Ready-made salads often use legumes and grains, which helps fibre add up quickly.

6



ANY LUNCH STOP

Add fruit, a small handful of nuts, or a side salad to anything that looks light on plants.

Even one add-on counts. Your microbes notice.

EASY SWAPS

- | | | |
|--------------------------|---|--|
| ✗ White bread roll | → | ✓ Seeded or wholegrain roll |
| ✗ Plain chicken sandwich | → | ✓ Chicken and salad sandwich with hummus |
| ✗ White-rice sushi pack | → | ✓ Brown-rice sushi plus edamame |
| ✗ Pie and fizzy drink | → | ✓ Soup, grainy toast, and fruit |
| ✗ Small low-veg lunch | → | ✓ Add a piece of fruit, nuts, or a bean-based side salad |

3 Aim for **3 fibre signals** in a bought lunch: one **wholegrain**, one **legume or bean food**, and at least **two servings of vegetables**. That combination makes it much easier to build a filling lunch that supports gut health and helps with the **30 g per day fibre target**.