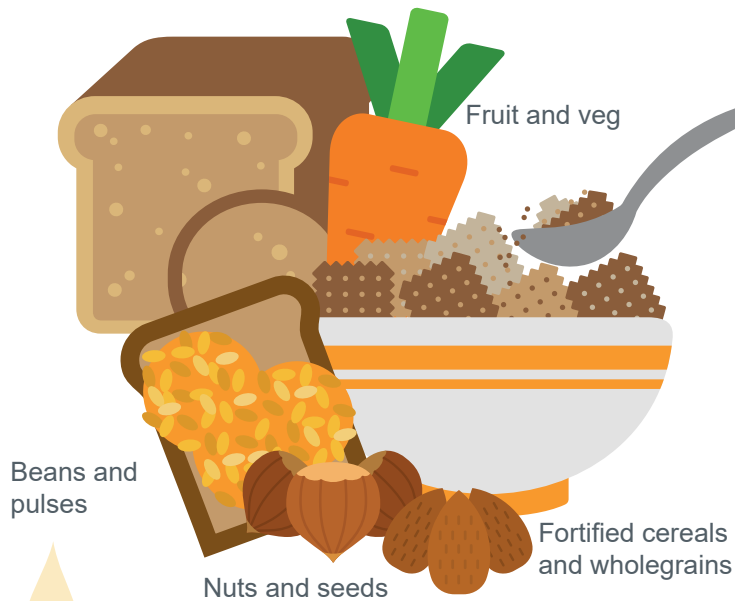


Main sources of fibre at breakfast



Why is fibre important?

Fibre cannot be broken down and digested by the body, so it helps to keep our insides healthy & makes sure everything keeps moving along in our gut! It also makes you feel fuller for longer so fewer rumbling tums during lessons!



On average breakfast in the UK provides school children with around 20% of their daily fibre needs ”

Gaal et al., 2018

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Fibre

Does my breakfast contain fibre?

Depending upon your age, you need 20-30g fibre every day. Breakfast can provide around a quarter to a half of your daily fibre needs!

A bowl of porridge (50g porridge oats with 250ml milk) can contain 3-4g fibre. Add a handful of fruit to this and that will increase to 5-6g fibre.

One slice of wholemeal toast contains around 1.5g fibre. Add 100g baked beans to this and that will take the fibre content to 6.5g fibre.

In general, in the UK, we all need to eat more fibre.

Test your knowledge with our mini quiz

1. Fibre helps to increase the amount of bacteria in our gut?
2. The whole digestive system from beginning to end is 3m long?
3. Wholemeal bread has twice the amount of fibre as white bread?
4. It takes around half a day for food to pass through your gut?
5. If oats are eaten regularly they can help to reduce the amount of cholesterol in our bodies?

Answers

1. **True.** The fibre that we eat helps the growth of good bacteria (yes, there is such a thing as good bacteria!) in the gut. Good bacteria then helps with our general health as well as the health of our insides. They may also help our immune system and our bones.
2. **False.** Our digestive system which starts at the mouth, and covers the stomach and small and large intestine, is over 9m long if you stretched it out! That is about the height of an average two storey house in the UK!
3. **False.** Wholemeal bread has three times the amount of fibre as white bread. It is good to eat a variety of foods including wholemeal versions of foods such as bread, pita, bagels and muffins.
4. **False.** In the UK, it takes around 1-1.5 days (2 days for adults) for food to travel from your mouth to its final destination!
5. **True.** Oats help lower the amount of cholesterol absorbed by your gut into your bloodstream. Certain fruits and vegetables are also good at this too—in particular apples, beans, strawberries and prunes!