

The UK needs to boost fibre intakes

by over **60%**

Easy fibre breakfast options:

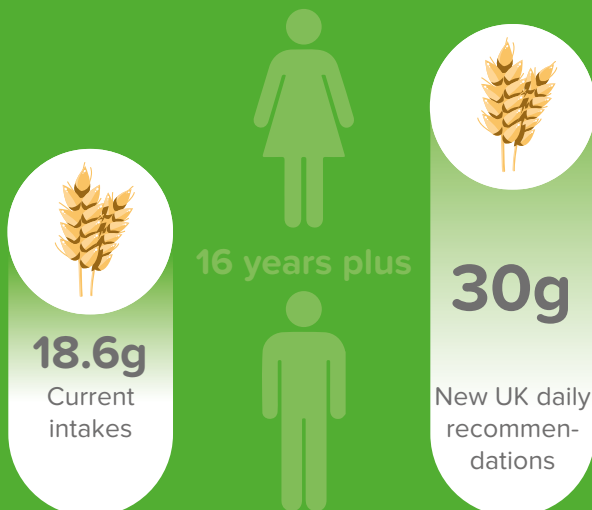
- A small handful of nuts @ 2.8-3.6g
- Wholemeal bread @ 5.6g per 2 slices
- A tbsp seeds e.g. sunflower, pumpkin @ 1.3g
- Peanut butter @ 2g per 30g serve
- A tbsp (30g) dried fruit @ 1.7g-3.3g
- 80g serving of fresh fruit @ 1-2.1g
- Wholegrain breakfast cereal @ 2.3-4g/30g serve



- 150g serve Alpro Plain with Oats soya alternative to yogurt @ 3.5g
- A 200ml glass Alpro Oat Original Drink @ 2.8g



UK Dietary Reference Values have increased to 30g per day



BREAKFAST is the easy way to meet at least **25% OF THE NEW FIBRE RECOMMENDATIONS**



30g Cornflakes
+ 125ml ss milk
0.8g fibre • 3% Recomm.



2 slices white toast
+ butter + jam
2g fibre • 7% Recomm.



Poached egg
on white toast
1.9g fibre • 6% Recomm.



30g bran flakes
+ 125ml Alpro Oat Original
+ 30g dried apricots

8.9g
fibre
30%
Recomm.



2 slices 50/50 bread
+ 40g peanut butter
+ 1 med. banana

7.8g
fibre
26%
Recomm.



150g baked beans on
a wholemeal toast

12.9g
fibre
43%
Recomm.

For more helpful fibre information,
visit us at www.alpro.com/healthprofessional/uk

The new UK fibre guidelines are now based on AOAC analysis rather than the Englyst method (NSP). AOAC fibre values are used on all food labels. 1g NSP = 1.33g AOAC. Previous fibre DRVs = 18g NSP (equivalent to 23g AOAC)

