

# Wholesome Wholegrains & Fabulous Fibre!

Fuel your body with the goodness of wholegrains & fibre

## WHY WHOLEGRAINS?

Wholegrain foods are packed with nutrients that help give us energy to fuel our body. Wholegrain foods take more time for our bodies to digest and breakdown, keeping us fuller for longer and giving us the fuel to keep going.<sup>1</sup>

Wholegrain foods contain different vitamins, minerals as well as soluble or insoluble fibre.<sup>2</sup>

All wholegrains contain 3 layers



## WHAT IS FIBRE?

Dietary fibre or just fibre, is found in plant-based food like wholegrains, lentils, fruits and vegetables. Fibre is not digested in the small intestine. Instead, fibre travels to the large intestines or colon where it is partially or fully broken down for digestion.<sup>1</sup>



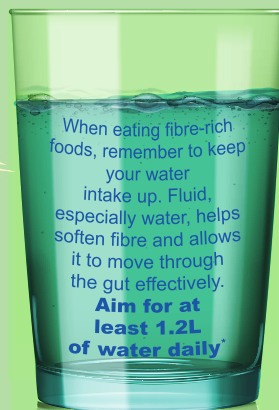
Fibre's job is to help keep our digestive system healthy and keep our bowel motions regular. Fibre bulks up our stools, which makes them softer and easier to pass. This allows waste to move through the digestive tract more quickly.<sup>1</sup>

## HOW MUCH FIBRE DO I NEED?

As we get bigger, our body needs more fuel. The Ministry of Health recommends we aim for the following amount of fibre each day.<sup>3</sup>



AGE	MALE	FEMALE
4-8	18g	18g
9-13	24g	20g
14-18	28g	22g



## Wholegrains verses fibre?

Remember to include a range of different wholegrains in your diet to make the most of their different fibre, vitamin, minerals and phytonutrients!<sup>4</sup>

## Boost your fibre with these delicious breakfasts<sup>1</sup>



2 Weet-Bix™ wheat biscuits & milk  
~3.0g of fibre<sup>6</sup>



2 Weet-Bix™ wheat biscuits, 1 sliced banana & milk  
~6.8g of fibre<sup>15</sup>



2 slices wholegrain bread with peanut butter  
~7.7g of fibre<sup>14,6</sup>



1/2 c baked beans on 1 slice of wholegrain bread - 10.8g of fibre<sup>1</sup>



1 cup of homemade porridge - 2.1g of fibre<sup>1</sup>



GRAB & GO Weet-Bix Fruit Stack - 3.7g of fibre<sup>7</sup>



GRAB & GO Breakfast crumble - 8.0g of fibre<sup>8</sup>

## References and where to find more information about wholegrains and fibre –

- <https://nutritionfoundation.org.nz/nutrition-facts/nutrients/carbohydrates/fibre>
- <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/are-whole-grains-good-for-you>
- <https://www.health.govt.nz/system/files/documents/publications/food-nutrition-guidelines-healthy-children-young-people-background-paper-feb15-v2.pdf>
- <https://www.vegetables.co.nz/health/vegetable-nutrition/>
- <https://www.sanitarium.co.nz/products/weet-bix/weet-bix/original#2>
- <https://www.sanitarium.co.nz/products/spreads/peanut-butter/no-added-sugar-or-salt-smooth-peanut-butter#2>
- <https://www.sanitarium.co.nz/recipes/a-z/weet-bix-tropical-stack>
- <https://www.sanitarium.co.nz/recipes/a-z/hot-weet-bix-breakfast-crumble>

<sup>1</sup>Individual fluid requirements will differ and may be higher due to activity level and warmer weather