

How to Achieve Your RDI of 30g of Fibre Per Day and Why



Roughage – are you getting your fill? Chances are, you're not – the NHS suggests 30g of fibre per day, yet most UK adults only manage to consume between 15-18g!

Why is this? The Western diet is commonly blamed for our poor intake of fibre thank to the large amount of refined foods that are easily accessible, but low-carb diets (keto/paleo) and even the popular rise of gluten free foods.

Fibre isn't just responsible for softening your stools, adding bulk and preventing constipation. A high-fibre diet can also reduce the risk of stroke, support your liver, reduce the risk of diabetes and even cardiovascular disease.

How do we get our RDI?

Low and Slow. Hitting your system with a whack of fibre could do more harm than good, leaving you feeling bloating or triggering flatulence. It's also important to stay hydrated to help fibre to pass through your system.

Get beany

Beans are a fantastic source of fibre and also provide us with a source of protein and a good mixture of vitamins. Plus, they are long life food choices and can be thrown into many dishes! The top five fibre rich bean options: Haricot beans, Adzuki beans, Red Kidney beans, Pinto beans and Black Beans. Try making a chilli using beans or whip up some black bean burgers.

Veg up

First things first, don't waste the skin. The skin on our veg and fruits is packed with fibre and nutrients.

Some veggies pack more fibre than others, and our top roughage veg include: artichoke, broccoli, brussels sprouts, cauliflower, okra and cabbage.

Reach for wholegrains

Swapping foods made from white refined flours for wholegrain alternatives can contribute to your fibre intake, without having to add anything additional to your plate! Swap white pastas from whole-wheat, white rice for brown/black/wild rice and white breads for ryes/pumpernickel and whole-wheat varieties. And for breakfast? Add oats. Fibre found in oats can contribute to the reduction in cholesterol, reduced blood sugar levels, boost our immune system, control our insulin response and can help boost our friendly bacteria that reside in the gut!

Seed friendly

When it comes to fibre, seeds our up there at the top of the league table! In particular chia seeds and flax seeds are super-seed winners. One tablespoon of chia seeds provides 5g of fibre, so whip up a chia seed pudding or sprinkle on your salads for a fibre boost.

Go nuts

Nuts are nutritional powerhouses! Not only are they filled with fibre, they are a rich source of healthy fats, protein and nutrients! It is best to eat nuts in their whole form to get the full fibre fun, so, unfortunately, your nut butter addiction might need to be swapped out for the whole nut deal. At the top of the fibre nut brigade, you can find chestnuts, almonds, pecans and pistachios. A cupped handful of nuts (30g) will give you close to 5g of fibre.

About the author

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