BANT

FOOD FOR YOUR HEALTH

Switch to healthy whole grains for added fibre

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe switching from refined to wholegrains can help provide more fibre



Think fibre
Think Wholegrains ...

Wholegrains and cereals are naturally rich in fibre. The problem comes when this fibre is stripped out to create highly processed and refined products such as white bread, pasta and rice. Aim for whole grains to ensure you're getting your fibre.

What are the benefits of whole grains & fibre?

Whole grains cereals and flours all provide fibre which is an essential nutrient for health and well-being. Fibre is found in all plant foods such as fruits, vegetables, legumes, nuts and seeds. The human body uses fibre for many processes, most importantly to support digestion and healthy gut function. Fibre helps feed our gut microbiome (the friendly bacteria that support health), and promotes regular bowel movement to ensure you effectively eliminate waste. Thanks to the fibre content, wholegrains cause less fluctation to blood glucose levels than refined white grains, which provides more energy and helps you feel fuller for longer.

How much fibre should you be aiming for each day?

Adults & 16+	5-11 years	2-5 years
30g	20g	15g

*NHS Public Health Guidelines



Download the BANT wellness Solution

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