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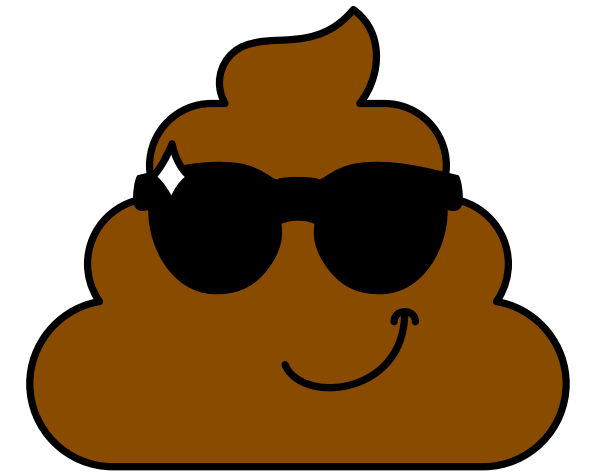
FABULOUS FIBRE

FIBRE IS FOUND IN PLANT FOODS. WE CAN'T DIGEST IT IN OUR SMALL INTESTINE, SO IT PASSES INTO OUR LARGE INTESTINE WHERE IT PROVIDES FOOD FOR OUR FRIENDLY GUT BACTERIA.



FIBRE IS LIKE A SWEEPING BRUSH FOR YOUR DIGESTIVE SYSTEM...IT CAN HELP YOU POO EVERY DAY

FIBRE IS YOUR FRIEND



IT'S IMPORTANT TO DRINK PLENTY OF WATER WHEN YOU INCREASE YOUR FIBRE, OTHERWISE YOU MIGHT FIND IT A BIT DIFFICULT TO POO (OR GET A BIT WINDY!)



WHERE CAN WE GET FIBRE FROM? AND HOW MUCH SHOULD I EAT?

OATS, WHOLE GRAINS, FRUIT AND VEGETABLES. NUTS AND SEEDS - PEAS AND BEANS - POTATOES WITH THEIR SKINS.

IF YOU ARE AGED BETWEEN 5-12, YOU NEED AROUND 20G OF FIBRE EVERY DAY.



HOW DO I GET IT?

MAKE SURE YOU EAT YOUR 5 A DAY
TRY EATING PORRIDGE OATS FOR BREAKFAST
SNACK ON NUTS INSTEAD OF CRISPS
HAVE SOME BAKED BEANS
LEAVE THE SKIN ON YOUR POTATOES.



SO HOW MUCH FIBRE IS IN ONE PORTION OF...?

PORRIDGE CONTAINS 4G OF FIBRE



BAKED BEANS CONTAIN 5G



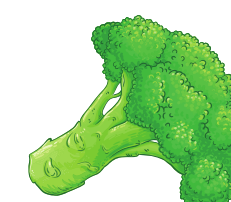
GREEN BEANS CONTAIN 3G



BERRIES CONTAIN 1.3G



BROCCOLI CONTAINS 2G



2 SLICES OF WHOLEMEAL BREAD CONTAIN 7G

