



GETTING ENOUGH FIBRE

when you are following a low phosphate diet



What is fibre?

Fibre is found in many plant-based foods. The body can breakdown (digest) some types of fibre (soluble) and not others types of fibre (insoluble) - both types of fibre are essential in the diet. Examples of foods which contain fibre include wholegrain products such as wholemeal bread and pasta and plant-based foods such as fruits, vegetables, nuts and beans.

It can be difficult to get enough fibre in your diet when you are following a low phosphate diet. The information below provides some guidance on foods which contain fibre and which are also low to moderate in phosphate. This will help you to achieve your low phosphate goal, whilst enjoying plenty of fibre.

Why is fibre important?

Fibre is important to keep the gut healthy, prevent constipation and help control blood sugar levels. Fibre may also help to lower blood pressure and total cholesterol. Having adequate fibre in the diet is beneficial to us all.

How much fibre should I have?



Children from age two should aim for 15g of fibre a day



5-11 year olds
20g a day



11-16 year olds
25g a day

Your Dietitian or Doctor will advise you on how much fibre you should have each day.

What to look for on a nutrition label

Food that are classed as "high fibre" contain 6g or more per 100g.

Foods that are classed as a "source of fibre" contain 3g or more per 100g.

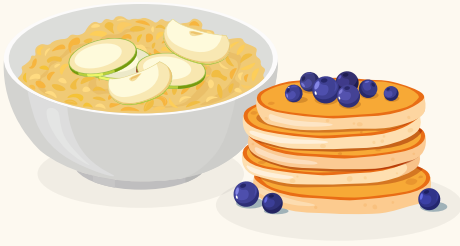
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Nutrition	
Typical Values (as consumed)	per 100g
Energy	206kJ 50kcal
Fat	1.2g
of which saturates	0.2g
Carbohydrate	4.2g
of which sugars	1.2g
Fibre	6g
Protein	2.5g
Salt	0.5g

Nutrition	
Typical Values (as consumed)	per 100g
Energy	182kJ 44kcal
Fat	1.2g
of which saturates	0.2g
Carbohydrate	4.2g
of which sugars	1.2g
Fibre	3g
Protein	2.5g
Salt	0.5g

Top tips for increasing your fibre intake whilst following a low phosphate diet

BREAKFAST



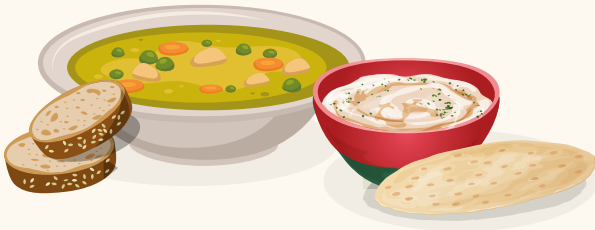
- Add fruits such as apples, pears and berries to your cereal.
- Try chopped dates to sweeten overnight oats or porridge.
- Top wholewheat pancakes with blueberries.
- Add linseeds, pumpkin seeds and chopped nuts to yoghurt and cereals.
- Choose wholemeal or added fibre bread for toast instead of white bread.

DRINKS



- Enjoy making your own smoothies with your favourite fruits and vegetables.
- Add some oats to a smoothie - this will also create a thicker texture.

LUNCH



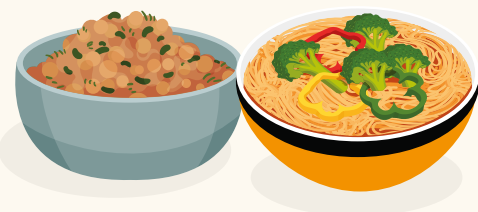
- Try wholewheat pasta/rice salad. Sprinkle with linseeds or pumpkin seeds for extra crunch.
- Make your own low phosphate vegetable soup. Add in pearl barley and serve with wholemeal bread.
- Dip wholemeal pitta into hummus.
- Try baked beans on toast. You can add some herbs and spices for extra flavour.

SNACKS



- Canned fruit cocktail in juice.
- Wholemeal rice cakes/crackers.
- Wholemeal toast with sweet/savoury toppings.
- Wholemeal scone with butter/jam.

EVENING MEAL



- Add extra vegetables to stews, curries, chilli and bolognese.
- Try adding pulses and lentils in meals such as stews and curries.
- Create your own low phosphate stir fry with egg noodles.
- Choose brown rice instead of white rice to go with your curries and stir-fry dishes.

It is best to increase your fibre intake gradually. Always check with your Dietitian or Doctor regarding which foods you can have and which foods you should limit in your diet. Everyone's needs are different.

