

# Swap it!

Trying to get in that extra 5g of dietary fibre? Try making these easy swaps to sneak a little extra into every meal.



White bread  
2 slices

2g



Wholemeal bread  
2 slices



5g



White pasta  
1 cup

2g



Wholemeal pasta  
1 cup



6g



Meat pie  
Standard - 200g

3g



Roast beef sandwich  
With wholemeal  
bread and 1 cup salad



6g



Corn flakes cereal  
1 ½ cups

2g



Wheat biscuits cereal  
4 biscuits



6g



Hamburger  
Standard 200g

3g



Chicken salad roll  
With wholemeal roll  
and 1 cup of salad

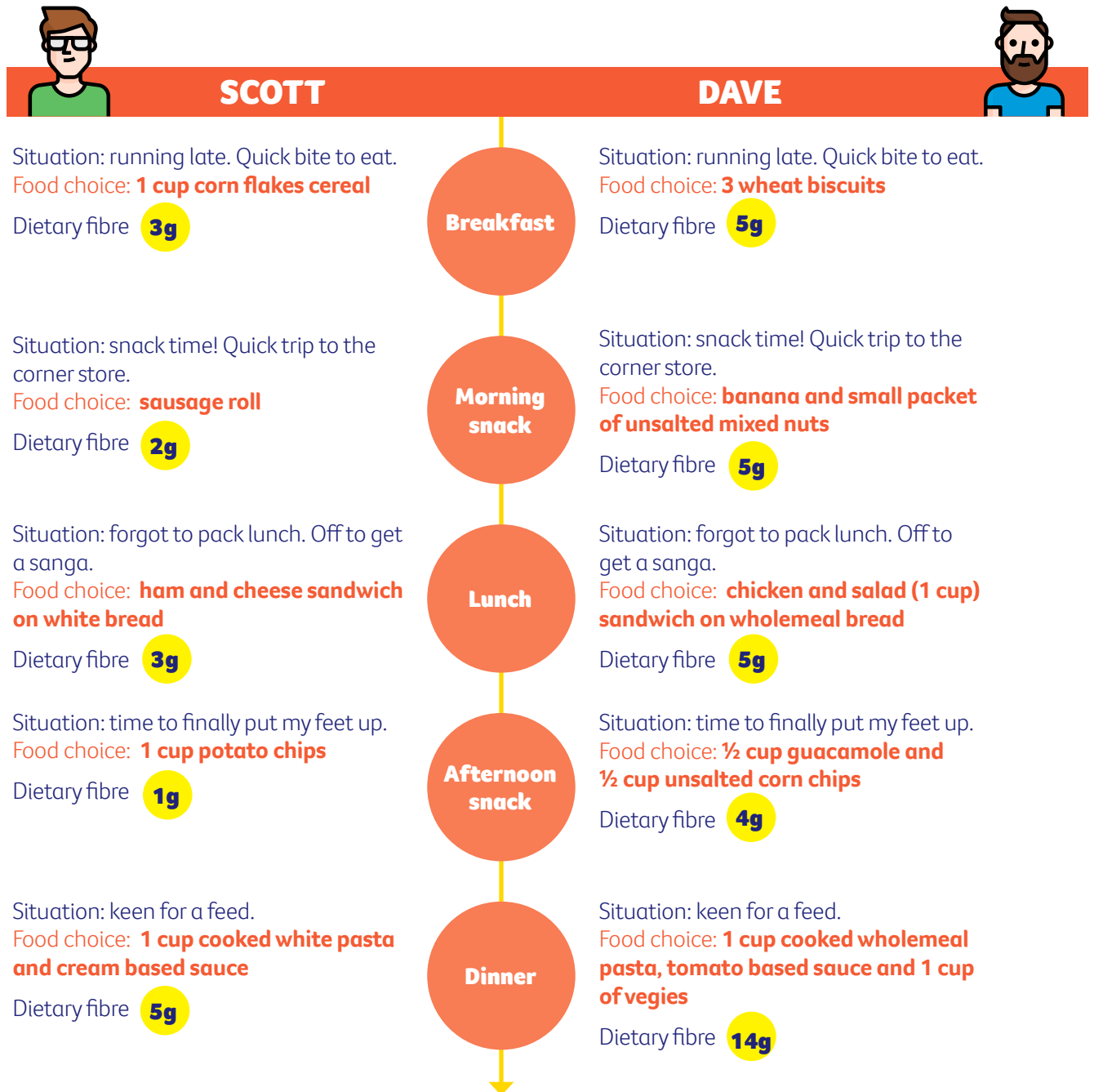


5g

# Feed yourself more fibre

## A tale of two Aussie blokes

**Meet Scott and Dave.** Same age, same job, same footy team... also, same nutrient requirements. Dave pays great attention to the food choices he makes. Trouble is, Scott doesn't quite do the same.



**Scott averages 14g of fibre a day. Dave averages 33g.\***  
With everything else the same, Scott's risk of bowel cancer is higher.

**Do yourself a favour Scotty, feed yourself more fibre.**

\* Australian men aged 19 years and older should aim for 30g of dietary fibre per day (1)