

How Much Fibre?

Here are some examples of different diets with different amounts of fibre, the one with enough fibre is the ideal for your child.

Too much Fibre

Breakfast:	Wheat biscuits with seeds, fruit, milk a fruit smoothie
Mid morning:	Whole punnet of grapes
Lunch:	Wholemeal roll with cold meat and salad, handfuls of seeds dried and fresh fruit a cup of milk
Mid afternoon:	Fruit smoothie
Dinner:	Wholemeal pasta with chicken and vegetables in a tomato sauce with large fruit salad and cup of fruit juice
Supper:	Bowl of porridge with dried fruit and seeds with milk, Glass of water

Too Little Fibre

Breakfast:	Rice Krispies with milk with a cup of water
Mid morning:	Packet of crisps or a plain biscuit with a cup of water
Lunch:	White roll with cold meat with muffin and a cup of milk
Mid afternoon:	Yoghurt
Dinner:	Pasta with chicken in a tomato sauce with ice cream and cup of water
Supper:	Slice of white toast with cup of milk

Enough Fibre

Breakfast:	Wheat biscuits with milk with diluted fruit juice or piece of fruit.
Mid morning:	Piece of fruit.
Lunch:	Brown or white roll with cold meat with piece of fruit and a cup of milk.
Mid afternoon:	Piece of fruit.
Dinner:	Pasta with chicken and vegetables in a tomato sauce. With fruit and ice cream and cup of water.
Supper:	Slice of toast with cup of milk.