- Food—fiber content



DAY 3

Today focus on eating more fibre

Simple fibre swaps and additions give your gut the best chance to attain the best health

Fibre is essential for our digestive health and ensuring a healthy gut biome. The gut microbiome has a number of functions, ranging from synthesising some vitamins, short chain fatty acids and even neurotransmitters, all necessary for our physical and mental health.

However, the area of research that is most widely accepted and discussed is the impact the microbiome has on your immune health; 70% of our immune system resides in our gut.

Additionally, higher fibre diets help us to feel food and thus maintain a healthy weight for our height. One thing to be mindful of is that those of us who are physically very active, should take care not to let our fibre intake displace carbohydrates that provides energy for our working muscles.

How much fibre should we be eating?

For good gut health, women should aim for 25 grams of fibre a day, while men should target 30-38 grams. However, individual needs can vary based on age, activity level and health conditions. For example; an apple is about 4g of fibre, 200g lentils is about 15g of fibre, and a handful of almonds is about 3.5g. It soon adds up!





4 simple ways to eat more fibre

Get the most out of the food you eat with just a little creativity

TRY THIS!	THE DETAILS
Simple swaps	Swap white carbohydrate sources for wholegrain such as rice, pasta and bread.
Nutrition boost	Keep the skin on fruits and vegetables such as potatoes, apples and pears.
Sprinkle on top	Try adding seeds and nuts to stir-fries, salads or breakfast cereals.
Wise snacking	Choose snacks such as oatcakes with peanut butter, popcorn or dried fruit and nuts.

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Recipe taken from *The Hormone Balance Handbook* by Jessica Shand, published by HarperCollins, £22.

RECIPE OF THE DAY

Cajun maple chicken

High-fibre butter beans to keep you regular and everything moving in the right direction

1 hour **20** mins | Serves **4**

1 Preheat the oven to 200°C

2 Combine the marinade ingredients together in a bowl.

3 Toss the chicken thighs in the marinade. Set aside for at least 15 minutes (or longer, if you can).

4 In a big roasting tin, add the onion, pepper, tomatoes, tenderstem, garlic cloves, and the butter beans.

5 Sprinkle with the Cajun seasoning, thyme, garlic granules, a pinch sea salt and pepper, the olive oil and a little maple syrup.

6 Add the chicken and roast for 50 minutes, until slightly browned, turning halfway through.

7 Serve with leafy greens. If you're extra hungry, add some wholegrains like buckwheat, too.

500g organic chicken thighs
1 red onion, peeled, chopped
1 red pepper, chopped
A handful of cherry tomatoes, roughly chopped
200g tenderstem broccoli, roughly chopped
4 garlic cloves, peeled, roughly chopped
2 x 400g tins of butter beans
2 tsp Cajun seasoning
1 tsp thyme
1 tsp garlic granules
Salt and black pepper
A drizzle of olive oil
A drizzle of maple syrup
2 handfuls of leafy greens

For the marinade
2 tbsp Cajun seasoning
1 tsp thyme
1 garlic clove, peeled, grated
1 tsp mild chilli powder
3 tbsp extra-virgin olive oil
Sea salt and black pepper
1 tsp maple syrup

Habit tracker

Tick the days you've increased your fibre intake

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22
DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

Daily reflection

Document how eating more fibre affects your wellbeing

On the days I ate more fibre I felt...

On the days I ate more fibre my energy levels were...

PLANT FOOD OF THE DAY

Brown rice



How much?

Brown rice is packed with fibre, which supports healthy digestion. Just 200g of cooked brown rice has around 3.5 grams of fibre.

Why are they great?

Not only is brown rice a great fibre provider, it's also a prebiotic, which means it serves as food for your gut bacteria, encouraging healthy immune function and reducing inflammation.

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