

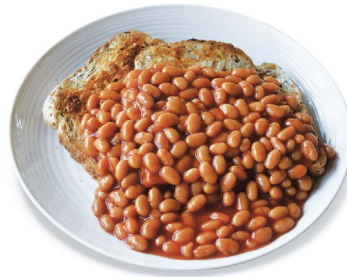
# FIBRE FOR A GOOD GUT

Fibre helps your gut to work properly and can help lower your risk of bowel cancer. Here are some ways to get more fibre into your day.

## BREAKFAST



Rollled oats with milk



Baked beans on grainy toast



Fruit with yoghurt

## LUNCH AND DINNER



Salad sandwich



Vegetable and bean stew

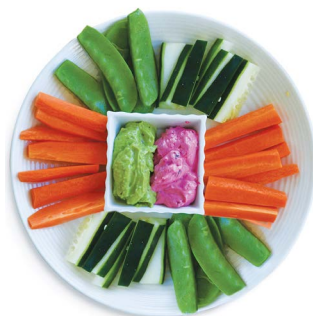


Meat with lots of vegetables

## SNACKS



Fruit



Vegetables and dip



Grainy crackers



Raw, unsalted nuts

Partner:



Government of **Western Australia**  
Department of **Health**

