

Did you know?

*Adults should aim for **30g of fibre** every day. Eating more fibre can help keep your gut healthy and lower your risk of bowel cancer.*

Remember to start low and slow!

Challenge

Swap one white carbohydrate today:

- *White bread → wholemeal bread*
- *White rice → brown rice*
- *Sugary cereal → oats*

Making small food swaps can help you reduce your fat, sugar and salt intake.