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What's my minimum daily requirement for disease prevention?

**Women = 28g**  
**Men = 38g**

Use the guide below to amp up your fibre intake!  
Wholegrains and legumes are great ways to boost the fibre in your meals.

BREAKFAST											
	Frozen Berries 1/2 cup = 4g	Banana 1 med = 2g	Baked Beans 1/2 cup = 7g	Weet-Bix 2 bricks = 3.5g	Wholegrain Oats 1/2 cup = 6g	Wholegrain Cereal 3/4 cup = 6g	Chia Seeds 1 tbsp = 4g	Soy Linseed Bread 2 slices = 5.5g			
	LUNCH										
		Salad Greens 1 cup = 1g	Avocado 1/4 med = 2g	Mixed Seeds 2 tbsp = 2g	Vita Wheat 9 Grain 4 crackers = 3g	Ryvita 2 crackers = 3g	Pear 1 med = 4g	Four Bean Mix 1/4 cup = 7g	Wholemeal Wrap 1 wrap = 2.5g		
		DINNER									
			Potatoes 2 small = 2.5g	Kumara 1/2 cup = 3.5g	Quinoa (cooked) 1 cup = 4g	Brown Rice (cooked) 1 cup = 3g	Lentils (cooked) 1/2 cup = 3.5g	Chickpeas (cooked) 1/2 cup = 6g	Vegetables (cooked) 1 cup = 5g	Wholemeal Pasta (cooked) 1 cup = 6g	
			SNACKS								
				Dried Figs 2 = 4.5g	Low-fat Hummus 3 tbsp = 3g	Almonds 20 nuts = 3g	Apple 1 med = 3.5g	Peanut Butter 1 tbsp = 3g	Carrot & Celery Sticks 1 cup = 2.5g	Plain Popcorn 2 cups = 3g	Psyllium Husk 1 tbsp = 5g