



High Five to High Fibre

Are your children getting enough fibre? Where is it found and why is fibre important?

Fibre is found in numerous foods, including the skins of fruits and vegetables, grains such as oats, bread, pasta, beans and pulses. Whole grains contain more fibre, which is great!

Fibre has many roles in the body. One of which is to keep our internal systems moving fluidly. Visualise a broomstick in your body sweeping away solid matter and waste products, forming the stool, (i.e poo) which is mainly composed of fibre. It prevents constipation which can occur when we are low in fibre.

Fibre also has another advantage in that it keeps us fuller for longer. If your child is consuming 4-7 portions of fruit and vegetables and 2-3 servings of whole grains throughout the day, they will be getting enough fibre. They need around 13g of fibre a day. Adults should aim for double this amount!

Recipe:

Bean and Lentil Salad Recipe. Contains both fibre and protein (Serves 4)

This bean and lentil salad recipe features chickpeas and lentils tossed with sliced tomato, fennel and herbs in a simple, yet flavourful, coriander-cumin lemony dressing. It's easy to put together and keeps well in the fridge for later. Serve this delicious salad as a side or hearty main dish, take it to a potluck, BBQ or picnic.

- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 4 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon sea salt
- 1 teaspoon Dijon mustard
- Pepper to taste
- 3 cups (480 grams) cooked chickpeas
- 4 cups (700 grams) cooked lentils
- 25 cherry tomatoes sliced
- 1 bulb of fennel thinly sliced
- A small bunch of parsley chopped

- Toast the cumin and coriander seeds in a dry pan over medium heat for about a minute or until they darken slightly in colour and are fragrant. Grind in a spice grinder or mortar and pestle.
- Whisk together the oil, lemon juice, ground cumin and coriander, sea salt, Dijon mustard and pepper.
- Combine the chickpeas, lentils, cherry tomatoes, fennel and parsley. Pour over the dressing and toss to combine.

