

## Fill up on fibre

Use vegetables, fruit, whole grains, beans and lentils, nuts, and seeds to boost your fibre intake.

- Try a new recipe with beans and lentils, such as [slow cooker stew](#) or other [inspiring recipes](#).
- [Choose whole grain](#) cereals, breads, and pastas every day.
- Eat the peels and skins on vegetables and fruit when possible.

For more information about fibre, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for [Fibre Facts](#).

