

# higher fibre diet

Dietary fibre is essential for promoting a healthy bowel. That's why dietary professionals often advise people with specific medical conditions, such as some bowel disorders, to increase their fibre intake.

Every meal from Wiltshire Farm Foods contains dietary fibre. However if you are on a high fibre diet, we've listed those dishes that offer you a particularly good source, with each meal in this range containing 5g or more.

When you increase fibre in your diet, it's important to increase your fluid intake too. That's because your body will need additional fluids to enable the extra fibre to work properly.

## Meals suitable for a higher fibre diet

### Beef

512 Steak in Red Wine & Mushroom Sauce

506 Roast Beef & Yorkshire Pudding

502 Braised Beef in Rich Sauce

202 Beef with Mashed Potato

203 Corned Beef Hash

213 Beef & Stout Pie

508 Lasagne

216 Hungarian Beef Goulash

511 Beef Diane<sup>†</sup>

### Chicken & Turkey

610 Turkey & Ham Pie

549 Roast Chicken Breast with Stuffing

278 Chicken & Bacon Hotpot

550 Roast Turkey with Gammon

279 Chicken Breast in Cheese & Bacon Sauce

258 Chicken Thigh on the Bone

276 Spanish Chicken

### Pork

521 Pork & Leek Sausages with Somerset Cider Gravy

322 Cumberland Sausages

518 Roast Pork in Apple Gravy

328 Sausage Casserole

232 Meatballs, Chips & Mushy Peas

321 Sausages in Onion Gravy

223 Pork in Gravy

575 All Day Breakfast

523 Pork Steakette

068 Bacon, Chips & Beans

331 Faggots in Onion Gravy

576 Mixed Grill

284 Ham, Egg & Chips

## Did you know..?

Peas and beans contain a particular type of fibre – soluble fibre – which can help lower blood cholesterol levels and reduce the risk of heart disease.

322 Cumberland Sausages



### Lamb

- 535 Honey & Apricot Lamb
- 245 Shepherds Pie
- 237 Lamb in Gravy
- 242 Minted Lamb & Dumpling
- 241 Irish Stew
- 536 Lamb in Cider with Dumpling

### Fish

- 318 Salmon & Broccoli Supreme
- 304 Breaded Fish & Chips
- 563 Plaice in Breadcrumbs
- 312 Fishermans Pie
- 570 Plaice Fillet with Spinach & Cheese
- 741 Salmon Fillet in Mint Butter Sauce
- 731 Herb Crusted Salmon in Tarragon Sauce

### Vegetarian

- 352 Winter Vegetable Hotpot
- 343 Omelette, Chips & Beans
- 344 Spanish Omelette
- 597 Vegetable Cottage Pie
- 591 Vegetable Lasagne
- 348 Mushroom Quiche
- 585 Vegetable Pasta
- 574 Mixed Pepper Quiche
- 351 Vegetable Pasta Bake
- 696 Pepper, Tomato & Brie Tart†

### Select Range

- 657 Vegetable Selection

536 Lamb in Cider with Dumpling



†From participating outlets only.