Tasty High Fibre Meal and Snack Ideas

Higher Fibre Breakfast Ideas

- Warm **large-flake oatmeal** with chopped **apple**, cinnamon and **walnuts**, with a glass of milk.
- **High fibre cereal** with milk topped with chopped **dried apricots and almonds**.
- Homemade **bran muffin** and a fruit smoothie made with a small banana, frozen **strawberries**, milk and **ground flaxseed** or **chia seeds**.
- Plain yogurt topped with **blueberries** and a crunchy **high fibre cereal**.

Higher Fibre Lunch Ideas

- Minestrone soup with **beans** on **whole grain crackers** and an **orange** for dessert.
- Small **spinach salad** with **carrot, apple chunks**, hard cooked eggs and **cucumber**, with a **whole grain bun** topped with cheese.
- Peanut butter and banana wrapped in a **whole wheat tortilla** with a side of **carrots**.
- **Vegetable quinoa salad** with **beans** served with a scoop of plain yogurt and **berries** for dessert.

Higher Fibre Dinner Ideas

- **White bean** and turkey chili with **raw veggies**.
- Vegetable and chicken stir fry loaded with **broccoli, onions, mushrooms and peppers** served over **brown or wild rice**.
- **Spinach** and **lentil** lasagna and **fresh fruit** salad for dessert.
- Pork tenderloin served with **grilled asparagus** and **sweet potatoes**.

Snack ideas

Healthy snacks that are high in fibre can help regulate your blood sugar levels, help you feel full, and keep you regular! The size of your snack depends on your daily meal plan and should be discussed with your dietitian. Here are some healthy **high fibre** snack ideas:

Label Reading Tip!

Look for at least **3 to 4 g fibre/serving** in cereals, breads, granola bars, etc.

- Homemade whole grain granola bar
- An orange and roasted almonds or walnuts
- Carrot sticks with hummus
- Whole grain crackers with cheese
- Air-popped popcorn sprinkled with a little grated parmesan cheese or no-salt seasoning
- Homemade trail mix: high fibre cereal with chopped dried fruit and unsalted nuts
- Apple slices and peanut butter
- Plain yogurt topped with berries (e.g. blueberries, raspberries, strawberries) and ground flax seed