

# *Nutrition in the Dining Hall*

## **Getting enough FIBRE?**

### **The Facts:**

**Making even small changes to increase your fibre intake can have a very positive effect on your health! It can help to:**

- ✓ **Decrease gas, bloating and be regular**
- ✓ **Protect your body from diabetes, cancer and heart disease**
- ✓ **Get to and stay at a healthy weight**

### **Some ideas :**

- ✓ **Deli: Add a couple of whole grain slices of bread each day**
- ✓ **Cereal Station: Mix bran cereal to your favourite cereal**
- ✓ **Salad Bar: Add crunchy raw vegetables to your meals**
- ✓ **Dessert Station: Grab a piece of fresh fruit to go**
- ✓ **Choose the brown rice and whole wheat pasta**