



move
INTRODUCING
Fibre First

**BEAT BLOATING, BALANCE
BLOOD SUGAR & FEEL BETTER
IN YOUR BODY AFTER 50**



Welcome to Fibre First!

This guide is your simple, practical roadmap to feeling lighter, more energised and balanced in your body after 50+. Fibre is one of the most overlooked tools for improving digestion, boosting energy, stabilising blood sugar and even supporting hormone health.

Inside, you'll discover **easy ways to increase your fibre intake every day**, quick wins to reduce bloating and simple habits that make a big difference - no diets, no fads, just real food and realistic tips you can actually stick with.



By the end of this guide, you'll know exactly **what to eat, when, and how** to make fibre a natural part of your second-half lifestyle.

Fee x



STEP 1

Why Fibre Matters After 50

Fibre isn't just for digestion or about staying regular – it's a powerhouse nutrient that supports your whole body, especially midlife. Here's why it matters:



- **Energy & Blood Sugar Balance** – Fibre slows down sugar absorption, helping you avoid spikes and crashes in energy.
- **Hormone Health** – Good gut bacteria, fed by fibre, helps your body process hormones efficiently.
- **Gut Health & Digestion** – Fibre keeps things moving, preventing constipation and reducing bloating.
- **Satiety & Weight Management** – Fibre helps you feel full for longer, so you're less likely to overeat.
- **Heart & Overall Health** – Fibre helps lower cholesterol and supports long-term heart health, which is crucial after 50.



STEP 1

Tips to keep in mind:

- Adults over 50 should aim for **25–30g of fibre daily**.
- Fibre comes from plants: fruit, vegetables, beans, lentils, whole grains, nuts, and seeds.
- There are two types: **soluble** (soothes digestion) and **insoluble** (keeps you regular).
- **Quick Win:** Start tracking your fibre intake for one week to see where you're at now. Awareness is step one!
- **Quick Tip:** Most midlife women notice **less bloating, more energy and better digestion** when they gradually increase fibre every day.



STEP 2:

How Much Do You Actually Need?

You don't need a calculator – just simple, practical targets:



- **Daily Fibre Goal:** ~25–30g per day
- **Per Meal:** ~8–10g at breakfast, 8–10g at lunch, 8–10g at dinner with 2–3g from snacks

Portion Examples:

- **Breakfast:** ½ cup oats + 1 tbsp chia seeds + ½ cup berries → 10–12g fibre
- **Lunch:** 1 cup lentil soup + salad with chickpeas → 10–12g fibre
- **Dinner:** 1 cup roasted veggies + ½ cup quinoa → 8–10g fibre
- **Snack ideas:** Apple + 1 tbsp almond butter, handful of nuts– or raw veggies + hummus → 2–3g fibre each

STEP 2:

Rule of Thumb: If your plate is at least ½ vegetables or fruit + a serving of whole grains or legumes, you're probably hitting a good fibre target.

Hydrate

Fibre works best when you drink enough water

Aim for at least **1.5–2L per day**, more if you exercise



Track & Adjust

- Keep a simple checklist or app log
- Gradually increase fibre to avoid bloating

Quick Tip:

Add 1–2 extra fibre foods per day for one week.

Notice the difference in energy and digestion.

Link to fibre sources guide [here](#)

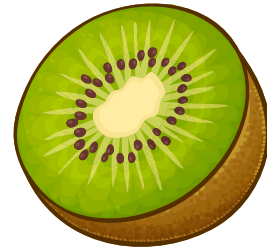
STEP 3:

Easy Fibre Upgrades for Every Meal

Here's a simple toolkit of fibre-rich foods, swaps and combos you can use every day to easily boost fibre without feeling like you're on a restrictive diet:

Breakfast

- Oats with chia, flax or hemp seeds
- Wholegrain toast with nut butter
- Berries, kiwi or pear
- Add-ins: nuts or seeds

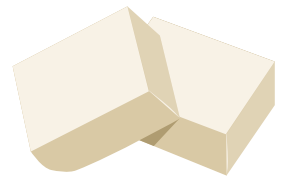


Lunch

- Add beans, lentils or chickpeas to salads or soups
- Wholegrain wraps, quinoa bowls or brown rice
- Load up on greens and colourful veggies



Dinner



- Include at least 1-2 cups of vegetables
- Whole grains: quinoa, barley, brown rice, whole wheat pasta
- Beans, lentils or tofu as plant-based protein

Snacks

- Fruit with nut butter
- Raw veggies + hummus
- Air-popped popcorn
- Roasted chickpeas or edamame
- Nuts & seeds



Smart Swap Idea:

White bread → wholegrain

Regular pasta → lentil or whole wheat pasta

White rice → brown rice or quinoa



Hydrate



- Fibre works best when you drink enough water
- Aim for at least 1.5–2L per day, more if you exercise

Track & Adjust



- Keep a simple checklist or app log
- Gradually increase fibre to avoid bloating

Quick Tip:

Add 1–2 extra fibre foods per day for one week to keep it simple and sustainable. Notice the difference in energy and digestion.



**[Click here](#) for
your 25+ Easy
Fibre Hacks
for Every Day!**

STEP 4:

Your Weekly Fibre Checklist

Use this simple printable tracker to build the habit – no obsessing, just consistency:

How to use:

✓ Tick off each meal where you included a good source of fibre

📝 Use the notes column to capture ideas, swaps or what worked well

Day	Breakfast	Lunch	Dinner	Snack	Notes
Monday	✓ / ✗	✓ / ✗	✓ / ✗	✓ / ✗	Added beans to salad
Tuesday	✓ / ✗	✓ / ✗	✓ / ✗	✓ / ✗	Need quicker fibre breakfast
Wednesday	✓ / ✗	✓ / ✗	✓ / ✗	✓ / ✗	More veggies helped digestion

Weekly Goals:

- Try 3–5 new fibre foods this week
- Include fibre at every meal, even if small
- Notice improvements in energy, digestion and fullness



Tip: Celebrate wins – it's progress, not perfection!

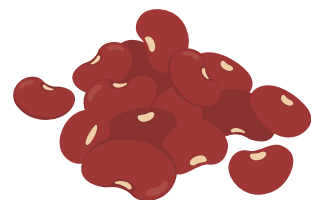
STEP 4:

Track & Celebrate Your Fibre Intake

Consistency is what makes fibre work. Here's how to stay on track:

Daily Checklist

- Did I include fruit today? ✓
- Did I include vegetables? ✓
- Did I include beans, lentils or whole grains? ✓



Weekly Challenge

- Try 3 new fibre-rich foods this week
- Replace one refined food with a fibre-rich option.

Notice Improvements

- Less bloating
- More steady energy
- Feeling satisfied after meals

Celebrate even small wins – every fibre boost counts!

**[Click here](#) for
your weekly
fibre
checklist**

STEP 5:

Your One-Day Fibre Plan

Here's a sample day you can follow or tweak:

Breakfast (25g):

Greek yoghurt (150g) + 1 tbsp chia seeds + ½ banana + handful of almonds

Lunch (30g):

Grilled chicken (100g) + quinoa salad + feta + olive oil dressing

Dinner (30g):

Baked salmon (120g) + sweet potato + steamed broccoli

Snacks (15g):

Boiled egg + protein ball or small smoothie

Dinner:

- Roasted vegetables (1-2 cups) → 6g fibre
- ½ cup lentils → 8g fibre
- ½ cup brown rice → 2g fibre

Daily Total: ~50g fibre (*adjust up or down depending on needs - your target is ~25-30g/day, so scale accordingly*)

Tip:

Mix & match foods you enjoy. Variety keeps fibre intake interesting and sustainable!

→ **Get your copy of my one day Fibre Plans [HERE](#)**
([Includes](#) Family-friendly and Vegetarian versions too!)



You did it!

You've just taken a powerful step toward feeling lighter, more energised and more in control of your health simply by understanding the role fibre plays in your body after 50.

Small, intentional changes really *do* add up.

By using the food swaps, fibre hacks and weekly checklist in this guide, you're building habits that support digestion, steady energy, balanced blood sugar and long-term wellbeing.



Remember, this isn't about *perfection*. It's about consistency, awareness and choosing foods that help you feel good *most* of the time.



What's Next?



If you *loved* this guide, here are a few simple ways to keep going:

- Revisit the [One-Day Fibre Plans](#) when you need inspiration
- Keep the [Weekly Fibre Checklist](#) somewhere visible to build the habit
- Pair this guide with [Power Up Your Plate](#) for a **strong protein + fibre foundation**

And if you're ready for more support, guidance and community, I'd love to welcome you inside my world.



Stay Connected



If you loved this guide and you're ready for more *personalised support*, you're invited to take the next step.

Join my community for ongoing inspiration, movement, food ideas and real-life support for women 50+ navigating their best second half.

I'd love to hear how you're going and what changes you're noticing.

Here's to putting fibre first and feeling better in your body as you move through this next chapter.

You've got this,

Fee xx



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