

Fibre Helps Make a Healthy Heart

With Valentine's Day just around the corner, now is the time to consider the health of our hearts! Fibre is an important nutrient which helps keep blood cholesterol levels low and helps to maintain a healthy body weight, both of which contribute to a healthy heart. To get your fibre, make sure to eat the recommended 5 to 8 servings of vegetables and fruit per day, and to include whole grain breads and high-fibre cereals as a regular part of your diet.



February is
Heart Month

