

FIBRE

Sample Menu Plan

This meal plan provides approximately 30g of dietary fibre per day (based on average servings).

Breakfast Grinners and Milk.
Toasted *Wonder White*
spread with *Gold'n Canola*
margarine and jam.
Glass of fruit juice.

Snack Fresh pear.
Lunch *Wonder White*
Sandwiches with cheese,
lettuce & tomato.
Packet *Wheat Bites To Go*
boosted with Hi•maize™
Banana.

Snack *Wonder White* sandwich.
Glass of low fat milk.

Dinner Chicken, vegetable and
tomato with pasta.
Ice cream & pineapple.
Glass of orange juice.

Cooking tip: Include some *Wonder White*
bread crumbs in hamburgers and meat loaves for
a higher fibre content.

Look for this logo
when shopping



Did you know?

Fibre needs water to exert
its beneficial effects.

So, increase your water
intake as well as your fibre
- drink a few glasses of
water every day... you will
notice such a difference
you'll wonder how you ever
survived without it!

**My family say healthy
food is boring . . .**

Vital Fact 6:

It is often hard to keep your
family on a healthy diet when
traditional high fibre foods don't
satisfy in terms of either taste or
texture. But with new natural
Hi•maize™, you can be sure of
boosting your family's intake of
this essential fibre without
compromising on taste.

**My family love white
bread, but I know they
need more fibre . . .**

Vital Fact 7:

Wonder White bread boosted
with Natural Hi•maize™ has over
100% more essential dietary fibre
than normal white bread.

You can't see it or taste it (the
perfect solution for fussy families!),
but the Hi•maize™ found in
Wonder White bread helps you and
your family to get the fibre they
need in the soft white bread they
love to eat.

**Where does Hi•maize
come from?**

Vital Fact 8:

Natural Hi•maize™ has
been developed in Australia from
a special type of maize. It is a
natural ingredient which can be
found in a range of healthy food
products.

Choose products containing
Hi•maize™ and help protect your
family's well-being and vitality
without compromising on taste.



Hi-maize™ - an innovative ingredient from Goodman Fielder Ltd.

What's the difference?

Fibre=
5.6 g*
per 100g

Wonder White Bread

Fibre=
2.7 g*
per 100g

White Bread

**The
difference
is**



More information!

To receive your **FREE "Guide to
Inner Health"** complete this
coupon and mail to:

Hi-maize™ Consumer Information
Private Bag 2
Botany NSW 2019

Name:
.....

Address:
.....

Postcode:.....

Phone:.....

