

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:.....

