



HELGA'S GUT HEALTH CHALLENGE

Starter pack

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MEAL PLAN*



WEEK 1

Monday



- Breakfast** Cinnamon, cashew and dried cranberry granola
- Lunch** Chunky barley, vegetable and chicken soup
- Dinner** Balsamic glazed minute steaks with warm roasted vegetable salad

Tuesday



- Breakfast** Summer fruit bircher muesli with banana and berries
- Lunch** Spiced pumpkin and chickpea soup with oat and parsley dumplings
- Dinner** Salmon and cauliflower fishcakes with pea, spinach and asparagus salad

Wednesday



- Breakfast** Oat-y spelt and chocolate hotcakes with coconut and banana
- Lunch** Quick-fix: Tuna, avocado and ricotta salad
- Dinner** Chicken cheat's paella

Thursday



- Breakfast** Breakfast bruschetta
- Lunch** Quick-fix: Tofu, bocconcini and greens
- Dinner** Lentil hotpot with steamed greens

Friday



- Breakfast** Quick-fix: Untoasted muesli, yoghurt and berries
- Lunch** Indian-style chickpea toastie
- Dinner** Quick-fix: Salmon, haloumi and roast vegetables

Saturday



- Breakfast** Chilli beans and avocado melt
- Lunch** Japanese-style tuna and avocado sandwich
- Dinner** Lemongrass pork with cauliflower fried rice and cashews

Sunday



- Breakfast** Quick-fix: Avocado, tomato and ricotta toast
- Lunch** Green tapenade and vegetable melt
- Dinner** Tandoori tofu with tomato, cucumber and mint salad

*Allow for up to 3 serves from your healthy snack list each day.

Note: The daily meal plans are based on an average adult's daily energy requirement of 8700kJ and provides an average of 38g of dietary fibre a day without allowable snacks (high fibre). Your dietary intake requirements may be higher or lower depending on your energy needs. Speaking to an accredited practising dietitian can help you plan your daily intake.

SHOPPING LIST



WEEK 1

Fruit

85g pomegranate seeds
35g reduced-sugar dried cranberries
1/2 x orange
35g blueberries
65g strawberries
1 1/4 x small banana
190g grape or cherry tomatoes
4x tomatoes or roma tomatoes
3x avocado
100g mixed berries (fresh or frozen)
2x lemon
1x lime

Vegetables

1 bunch of fresh basil leaves
1 bunch of fresh rocket leaves
1 bunch of fresh parsley
1 bunch of fresh chives
1 bunch of asparagus
1 bunch of fresh mint leaves
90g baby spinach leaves
30g rocket leaves
1/2 x small eggplant
1/2 x green chilli
1/2 x leek
1 1/2 x carrot
1/2 x red onion
1/2 x yellow onion
2 1/2 x spring onion
1 1/2 x clove garlic
1/2 x large red capsicum
1 1/4 x celery stick
1/2 x stalk lemongrass

2x sweet potato
6x potatoes
3/4 x zucchini
30g button mushrooms
40g sugar snap peas
30g snake beans
1 1/4 x lebanese cucumber
2x iceberg lettuce leaf cups
250g kent/butternut pumpkin
1/2 x cauliflower
1/2 x head of broccoli
40g broad beans
65g green beans
100g mixed salad
100g mixed roasted vegetables
125g asian greens
100g edamame
10g snow pea tendrils
20g pitted sicilian green olives
95ml salt-reduced tomato passata

Meat and fish

2x egg
100g chicken tenderloin
200g minute steak
200g pork butterfly (loin medallion steak)
220g chicken or thigh fillet
150g salmon fillet
2x tin of tuna 95g
2x tin of salmon 95g

Dairy

300ml high-calcium, lactose-free skim milk
20ml calcium-enriched almond milk

600ml lactose-free greek natural yoghurt
130g smooth ricotta
30g cheddar cheese
25g mozzarella
8g salt-reduced vegan margarine spread
350g firm tofu
50g baby bocconcini
100g haloumi

Breads and cereals

1 loaf Helga's Prebiotic Ancient Grains & Seeds Bread
1 loaf Helga's Lower Carb Wholemeal & Seed Bread
160g raw (natural) rolled oats
40g quinoa flakes
20g brown rice flakes

Other

700g organic passata
1x bottle lemon juice
75g japanese mayonnaise

MEAL PLAN*



WEEK 2

Monday



- Breakfast** Quick-fix: Avocado, spinach and eggs on rye
- Lunch** Chicken and fennel sandwich
- Dinner** Lamb, feta and mint gozleme with capsicum dip

Tuesday



- Breakfast** Quick-fix: Fruit toast with banana and ricotta
- Lunch** Chicken sauerkraut sandwich
- Dinner** Italian-style wrap

Wednesday



- Breakfast** Quick-fix: Untoasted muesli and strawberries
- Lunch** Sesame haloumi, char-grilled vegetables and sumac salad bowl
- Dinner** Herby haloumi and avocado sandwich

Thursday



- Breakfast** Quick-fix: Rolled oats with chia seeds and banana
- Lunch** Salmon, zucchini, horseradish and dill toastie
- Dinner** Quick-fix: Steak and vegetables

Friday



- Breakfast** Quick-fix: Scrambled eggs and haloumi on toast
- Lunch** Italian-style toastie
- Dinner** Quick-fix: Chicken, avocado and colesaw

Saturday



- Breakfast** Quick-fix: Vegetables, avocado and hummus wrap
- Lunch** Lebanese-style eggplant sandwich and garlic dip
- Dinner** Quick-fix: Tofu and healthy fried rice

Sunday



- Breakfast** Quick-fix: Porridge and blueberries
- Lunch** Quick-fix: Hard-boiled egg salad
- Dinner** Chilli con carne with sweet potato and cannellini bean mash

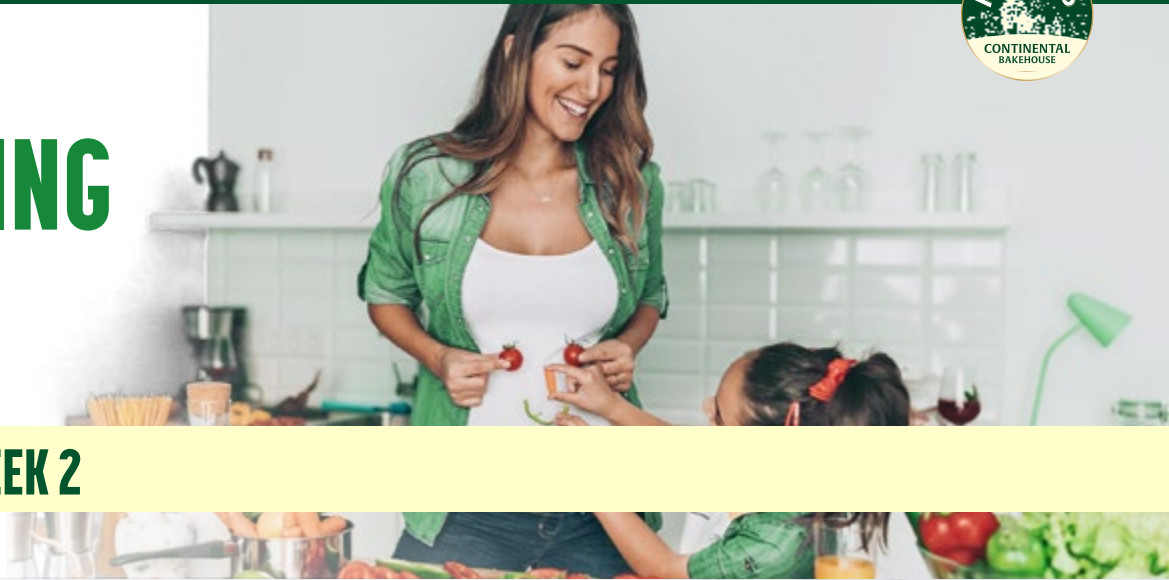
*Allow for up to 3 serves from your healthy snack list each day.

Note: The daily meal plans are based on an average adult's daily energy requirement of 8700kJ and provides an average of 38g of dietary fibre a day without allowable snacks (high fibre). Your dietary intake requirements may be higher or lower depending on your energy needs. Speaking to an accredited practising dietitian can help you plan your daily intake.

SHOPPING LIST



WEEK 2



Fruit

- 1x lemon
- 4x avocado
- 1x banana
- 1/2 x green banana
- 125g strawberries
- 75g blueberries
- 130g grape or cherry tomatoes
- 1 1/2 x tomato

Vegetables

- 1 bunch of fresh basil leaves
- 1 bunch of fresh parsley
- 1 bunch of fresh mint leaves
- 50g rocket leaves
- 180g baby spinach leaves
- 1/2 x fennel bulb
- 1/4 x lebanese cucumber
- 2x butter lettuce leaves
- 1x celery stalk
- 1/2 x sweet potato
- 1/2 x red capsicum
- 3/4 x zucchini
- 1x artichoke
- 1x artichoke in brine (jar)
- 1/4 x carrot
- 100g roasted capsicum strips (jar)
- 40g shredded silverbeet leaves
- 250g edamame
- 260g mixed salad
- 10g chives
- 40g purple sauerkraut
- 1/2 x Lebanese eggplant

- 1/2 x eggplant
- 1/2 x red onion
- 1/2 x yellow onion
- 1x clove garlic
- 15g dill
- canned corn
- 10g rosemary
- 100g coleslaw

Meat and fish

- 6x eggs
- 280g of chicken breast
- 200g beef rump steak
- 180g lean beef steak
- 125g beef mince
- 125g lean lamb mince
- 1x tin of salmon 95g
- 1x tin of tuna 95g
- 1x tin of tuna in olive oil 95g
- 2x tin of salmon 95g

Dairy

- 250ml milk
- 125ml regular or calcium fortified almond milk
- 10g butter
- 105g fetta
- 40g mozzarella
- 40g smooth ricotta
- 150g natural yoghurt
- 140g vanilla yoghurt
- 170g haloumi
- 120g bocconcini
- 160g cheddar cheese

- 150g tofu
- horseradish cream
- 265g light cream cheese
- 50g red capsicum dip
- 20g garlic dip

Breads and cereals

- 1 loaf Helga's Prebiotic Ancient Grains & Seeds Bread
- 1 pack of Helga's Prebiotic Wraps
- 1 loaf Helga's Fruit Toast
- 40g low GI, high-fibre, untoasted muesli or bran-based cereal
- 200g raw (natural) rolled oats

Other

- 180g hummus
- 15g nut butter

ESSENTIAL GUT-FRIENDLY PANTRY STAPLES



Preparing for your Helga's 14-day challenge starts in the pantry. A well-stocked pantry with a wide range of ingredients lets you put together quick, healthy meals for you and your family with minimum fuss.

On the following page, you'll find a checklist of useful ingredients to keep your pantry well-stocked with gut-friendly, non-perishable items – a great way to keep your fibre focus well beyond the challenge. We have also included some basic items such as herbs and spices, so you're flavour-ready, too. The items listed in the checklist can be added to meals like soups and salads, but can also be used as a side themselves.

Active steps for increasing your daily dose of dietary fibre

- Start your day with a bowl of wholegrain breakfast cereal (such as bran or oats) that's high in dietary fibre and low in added sugars. Top your cereal with a spoonful or two of chia and sunflower seeds, or pepitas and almonds.
- If you're on the run, grab your favourite natural and no added sugar yoghurt, and add a mix of nuts and seeds and a tablespoon of passionfruit pulp into the tub before you go.
- Add beans (such as kidney or cannellini beans), lentils and peas to salads, soups and side dishes – you can even serve them as a main dish.
- Try wholegrains, such as brown rice and quinoa and as side dishes and switch from basic white versions of commonly consumed staples, such as breads, cereals, pasta and rice.
- Have nuts and popcorn as a snack, or raw, cut vegetables with hummus dip.
- Add psyllium, chia seeds or nuts to a smoothie.
- Add barley and legumes to your soups. You can also mix lentils in your mince-meat dishes.
- Try wholegrains, such as brown rice and quinoa as side dishes and switch from basic white versions of commonly consumed staples, such as breads, cereals, pasta and rice.
- Look for wholegrains on the ingredient list of food products you're adding to your weekly shop. Some examples of wholegrain ingredients are barley, brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, corn, whole oats, whole rye and whole wheat. And here's a handy label reading tip: ingredients are listed in descending order by weight. The closer an ingredient is to the beginning of the list, the more of that ingredient is in the food.



PANTRY STAPLES

Pasta, rice and grains

brown rice
basmati rice
brown pasta
barley
freekeh
popcorn

Legumes

canned or dried chickpeas
canned black beans
canned brown lentils
canned four-bean mix
dried split peas
canned or dried cannellini beans
flours and baking items
wholemeal flours
banana or potato starch
almond meal

Dried herbs and spices

cinnamon
cardamom
turmeric
ginger
saffron threads
vanilla extract
salt
pepper
coriander
ground cumin
paprika (sweet and smoked)
mixed herbs
thyme, basil, rosemary and sage
curry powder/curry paste
ground sumac
oregano
chilli flakes
mixed spices
bay leaves

Breads and cereals

high-fibre weet-bix or oat brits
wholegrain, high-fibre bread
wholegrain, high-fibre wraps
wholegrain crispbreads
untoasted muesli (with nuts and seeds)
pack of wholegrain/seeded crackers
high-fibre, no-added-sugar cereals with nuts and seeds (more than 5g fibre per 100g of cereal)

Nuts and seeds (unsalted, roasted or raw)

nut butter (almond or cashew butter)
tahini paste
pepitas
pumpkin seeds
linseeds
raw cashews
raw almonds (with skins)
pine nuts
walnuts
pecans
pistachios
sunflower seeds
chia seeds
flax seeds
Isa or psyllium husks
sesame seeds
seed mix
mixed seeds

Other Items

canned crushed and diced tomatoes
canned baby beets
kalamata olives (in brine)

jar of artichokes (in spices or brine or water)
balsamic vinegar
canned passionfruit pulp
dried cranberries
coconut flakes
sesame oil
olive oil
garlic-infused olive oil
reduced-salt soy sauce
extra virgin olive oil
wholegrain mustard
maple syrup
tomato-based chutney (no added sugar)
chicken or vegetable reduced-salt stock
olive oil spray
lime juice
salt-reduced tomato paste
fish sauce
basil pesto
aioli

Freezer items

frozen peas and corn

DIETARY FIBRE COUNTER



How much dietary fibre do I need?

For good overall health, females should aim for at least 25g of fibre per day and 30g for males.

How much dietary fibre are you aiming for? _____ grams each day.

How much dietary fibre am I having each day?

Your next step prior to starting the Helga's 14-day challenge is to work out approximately how much fibre you're having on a daily basis. To do this, write a list of all the foods you've eaten over the past 24 hours. Try to be specific about the types and amounts of food you've eaten.

You can cross check your list of foods against the food and fibre table on page 12 to estimate how much fibre you're having.

How to track your fibre intake

Say you ate all of the items listed below for breakfast. Your next step would be to find the food item in the food and fibre table. From here, you can identify how much fibre that amount of food provides and note it next to the food item. Continue this for all the foods you've eaten on that day to find the total amount of daily fibre.

2 slices of white toast	2 grams fibre
Spread of margarine	0 grams fibre
½ sliced tomato (1g fibre)	1 gram fibre
1 slice of cheese	0 grams fibre
1 white coffee	0 grams fibre
1 medium banana	4 grams fibre
Total fibre of this meal	7 grams fibre





Tip!

If one of the foods you've eaten isn't listed in the food and fibre table, you can check the fibre content by reading the nutrition information panel on the item's label. This is a good way to calculate fibre for foods like breads, cereals, crispbreads, products claiming to be fibre enriched or added, and fruit-filled yoghurts. Foods such as meat, fish, tuna, chicken, cheese, margarines, oils, coffee, tea and water do not need to be checked for fibre.

How to calculate your fibre intake using the nutrition information panel on the product label

Cereal – sample nutrition information panel

Nutrition Facts

Serving size 50g (packet suggestion only)

	Per serve (50g)	Per 100g
Energy (kJ)	418KJ (100Kcal)	836 kJ (200kcal)
Protein	9g	18g
Fat, total	2g	4g
- Saturated	0.5 g	1g
Carbohydrate, total	15g	30g
- Added sugar	2g	4g
Dietary Fibre	6g	12g
- Insoluble	5g	10g
- Soluble	1.5g	3g
Sodium	125mg	250mg

If you were eating 75g of the cereal in the example provided above, you would:

1. Identify that 100g of this cereal provides 12g of dietary fibre
2. Divide 12g fibre by 100g of total weight; ($12 \div 100 = 0.12\text{g}$). This means that there is 0.12g of dietary fibre per 1g of this cereal.
3. Then multiply 0.12g fibre by the 75g serve of cereal that you have consumed i.e. $0.12 \times 75\text{g} = 9\text{g}$.

Therefore, a 75g portion of this cereal provides 9 grams of dietary fibre.

As you work through each of your foods in the list and calculate your dietary fibre intake for that day, you will start to get an understanding of what foods are contributing to your fibre intake each day and what foods contain little or no fibre.

After you've completed your list, add up the fibre of each item to get your total daily dietary fibre intake. Then, track your daily dietary fibre intake using the chart below. Aim to repeat this activity at day seven and day 14 to monitor your fibre progress and how you're going towards reaching your goal.



My dietary fibre challenge

Ground zero, fibre intake _____ grams per day

Day 7 of the challenge, fibre intake _____ grams per day

Day 14 of the challenge, fibre intake _____ grams per day

My target is: _____

My target is: _____

My target is: _____

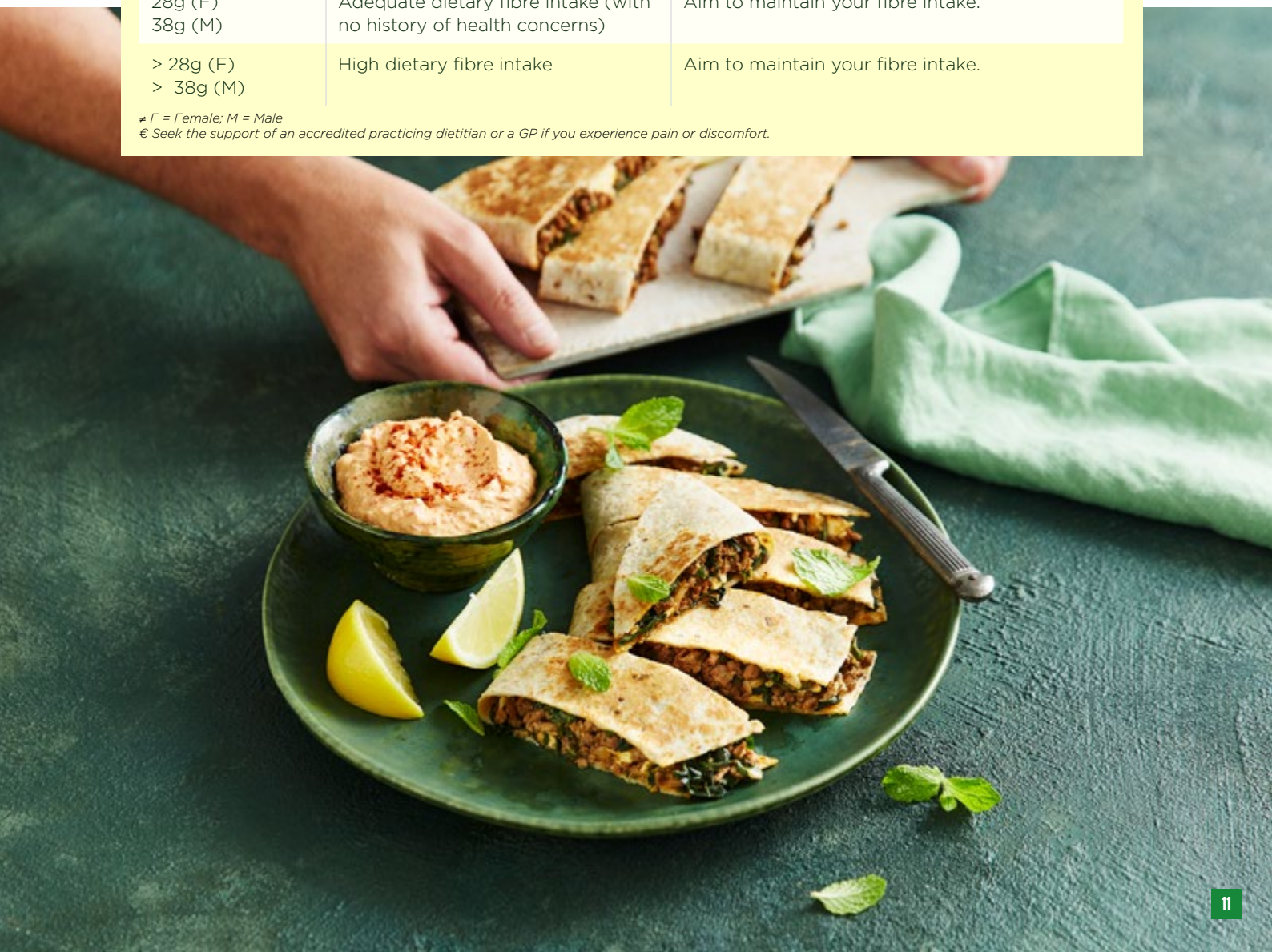
Understanding my fibre intake

The National Health and Medical Research Council (NHMRC) – Australia's peak body provides us with recommended dietary fibre intake recommendations, which are based on Adequate Intake (AI), which is the average amount of dietary fibre needed for the beneficial functioning of the gut.

As there is no current fibre ranking, a low dietary fibre intake varies in definition with some literature suggesting one day providing 10g of dietary fibre or less is a very low-fibre diet and others suggesting below 15-20g per day of dietary fibre is low. For this challenge, we will use the below table:

Daily intake of dietary fibre	Rating	Goal
15g or less	Very low dietary fibre intake	Aim to increase your fibre slowly until you reach your target fibre intake (over three to seven days).
16g to 20g	Low dietary fibre intake	Aim to increase your fibre to reach your target fibre intake (over two to three days).
21g to 25g (F) 21g to 30g (M)	Low dietary fibre intake	Aim to increase your fibre to reach your target fibre intake (over 24hrs).
25g (F) 30g (M)	<i>Adequate dietary fibre intake</i> no history of health concerns <i>Low dietary fibre intake</i> (if history of health concerns)	If you have a history of health concerns (family or personal) aim to increase your fibre to reach your target fibre intake (over 24hrs).
28g (F) 38g (M)	Adequate dietary fibre intake (with no history of health concerns)	Aim to maintain your fibre intake.
> 28g (F) > 38g (M)	High dietary fibre intake	Aim to maintain your fibre intake.

♀ F = Female; M = Male
 € Seek the support of an accredited practicing dietitian or a GP if you experience pain or discomfort.



THE FOOD AND FIBRE TABLE



Fruits



• 50g passionfruit pulp	7g fibre
• 150g watermelon	1g fibre
• 150g rockmelon or honeydew melon	2g fibre
• 1 medium banana	4g fibre
• 1 medium peach or nectarine or 2 kiwi fruits	3g fibre
• 150g fresh mango or papaya	4g fibre
• 3 medium apricots	5g fibre
• 1 apple, pear or orange	5g fibre
• 125g fresh berries	7g fibre
• 150g grapes	4g fibre
• 90g (1 medium) mandarin	2g fibre
• 150g fresh pineapple	3g fibre

Vegetables



• 75g jerusalem artichoke (canned or cooked fresh)	7g fibre
• 100g (2 large) carrots	4g fibre
• 100g broccoli	5g fibre
• 150g beetroot or green beans	5g fibre
• 150g mixed vegetables	5g fibre
• 100g peas (fresh or frozen)	6g fibre
• 100g corn kernels (fresh or frozen)	3g fibre
• 100g (6 spears) asparagus or 1 medium tomato	2g fibre
• 75g capsicum or celery or baby spinach or cos lettuce or cucumber or onion or bean sprouts	2g fibre
• 150g (1 medium) white or sweet potato	5g fibre
• 100g pumpkin	3g fibre
• 100g zucchini or cabbage or eggplant or mushroom	2g fibre

Grains

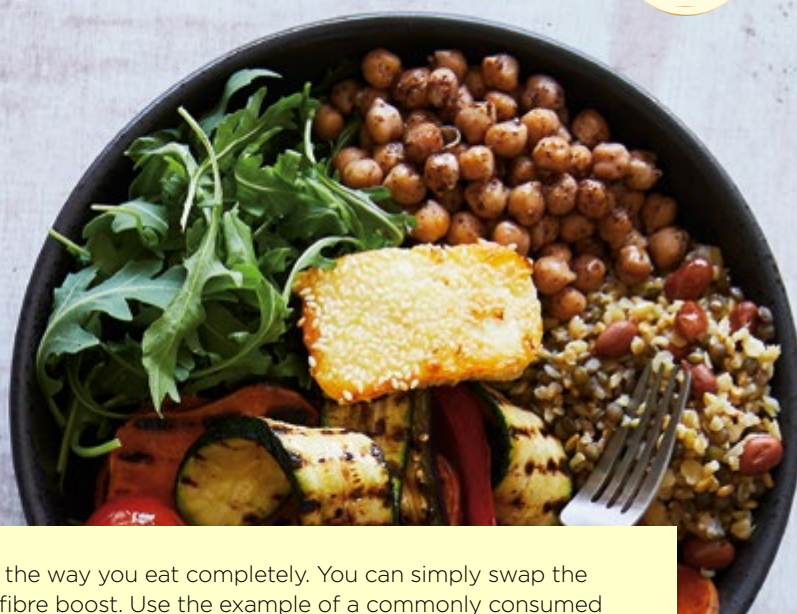


Breads

• 1 slice mixed grain bread (with seeds)	3g fibre
• 1 slice rye bread	4.5g fibre
• 1 slice white bread	1g fibre
• 1 slice fruit bread	1.5g fibre
• 1 slice Helga's Prebiotic Wholemeal & Barley Bread	6.6g fibre
• 1 Helga's lower carb traditional wholemeal wrap	5g fibre
• 1 lebanese flatbread or pita bread	3g fibre

	Crispbread or bread alternatives <ul style="list-style-type: none"> • 2 salada original, (8 small squares – 30g) • 2 vita wheat original and 9 grains or ryvita crispbreads • sao original, 3 biscuits (25g) • rice cakes, original, 4 cakes (40g) • corn thins, 6 cakes (36g) 	1.1g fibre 4g fibre 1g fibre 2g fibre 1.1g fibre
	Breakfast cereals <ul style="list-style-type: none"> • 45g cooked rolled oats (porridge) or just right • 2 regular weet-bix or vita-brits • 45g untoasted muesli (with dried fruit and seeds) • 30g whole wheat breakfast cereals (no fruit, nuts or seeds) or sultana bran • 45g all bran original • 30g of corn flakes or rice bubbles 	4g fibre 4g fibre 5g fibre 6g fibre 13g fibre 1g fibre
	Pasta, grains, flours and rice <ul style="list-style-type: none"> • 1 cup cooked white rice • 1 cup cooked brown rice or quinoa • 1 cup cooked wholemeal pasta • 1 cup cooked white pasta or noodles • 1 cup chickpea or spelt flour • 1 cup wholemeal flour 	2.5g fibre 6g fibre 4g fibre 2g fibre 9g fibre 16g fibre
Legumes	<ul style="list-style-type: none"> • 150g cooked (canned and drained) lentils • 220g (1 medium can) baked beans • 75g cooked split peas • 150g cooked (canned and drained) chickpeas • 150g cooked (canned and drained) red kidney beans or cannellini beans • 40g hummus dip (homemade) 	6g fibre 11g fibre 6g fibre 8.5g fibre 10g fibre 4g fibre
	<ul style="list-style-type: none"> • 40g of pistachios or almonds • 10g chia seeds (1 tbs) • 10g linseeds (1tbs) • 15g flax seeds (1 tbs) • 40g brazil or walnuts • 40g cashews or macadamias • 40g sesame seeds • 40g pumpkin or pepita seeds, or LSA mix • 40g mixed nuts and seeds 	4g fibre 4g fibre 3g fibre 4g fibre 3g fibre 2g fibre 4g fibre 3g fibre 4g fibre
Other	<ul style="list-style-type: none"> • 1 cup air popped popcorn • 5 dried prunes or apricots • 250ml (1 glass) prune juice • 250ml (1 glass) pear juice • 5g (1tsp) psyllium husks • 50g (1/4) avocado • 20g (1tbs) crunchy, natural peanut butter • 6 medium olives, pitted • 100g tofu 	2g fibre 3g fibre 3g fibre 4g fibre 4g fibre 2.5g fibre 1.5g fibre 5g fibre 3g fibre

FINDING YOUR FIBRE BALANCE



Increasing your dietary fibre doesn't mean changing the way you eat completely. You can simply swap the types of foods you consume to get the best dietary fibre boost. Use the example of a commonly consumed low-fibre intake daily meal plan below, and the corresponding high-fibre intake daily meal plan for some simple suggestions of what to swap out or add to boost your fibre. Use the food and fibre table to help make adjustments to your own meal plan.



Low fibre intake

7000 Kcal; 95g protein; 70g total fat; 130g total carbohydrate + 15mg zinc

Breakfast – 2.5g dietary fibre

2 slices white bread
1 medium raw tomato
1 medium boiled or poached egg
2 slices of cheese
1 cup of coffee with a dash of milk and no sugar

Lunch – 8.5g dietary fibre

Turkey salad bowl

100g turkey breast
2 cups of iceberg lettuce, tomato & cucumber
1/4 smashed avocado
Dressing; (mix dijon mustard, egg mayonnaise and lemon juice)

Dinner – 4g dietary fibre

Traditional spaghetti bolognese

200g cooked minced meat with passata
1 cup cooked white pasta
40g grated parmesan cheese
1 slice of white bread

Snacks – 1g dietary fibre

1/2 cup greek yoghurt and 100g watermelon
20g dark chocolate

TOTAL DAILY INTAKE OF 16G DIETARY FIBRE



High fibre intake

7500 Kcal; 115g protein; 92g total fat; 100g total carbohydrate + 20mg zinc

Breakfast – 5.5g dietary fibre

*2 slices wholegrain bread with seeds**
1 medium raw tomato
1 medium boiled or poached egg
2 slices of cheese
1 sprinkle mixed herbs
1 cup of coffee with a dash of milk and no sugar

Lunch – 11.5g dietary fibre

Turkey salad bowl

100g turkey breast
2 cups of iceberg lettuce, tomato & cucumber
1/4 smashed avocado
Dressing; (mix dijon mustard, egg mayonnaise and lemon juice)
Sprinkle with 40g pepita seeds

Dinner – 14g dietary fibre

Traditional spaghetti bolognese

175g cooked minced meat with passata and 1/4 cup of brown lentils mixed into pasta sauce
1 cup cooked brown pasta
40g grated parmesan cheese
1 cup side of green salad and balsamic dressing

Snacks 12g dietary fibre

1/2 cup greek yoghurt and 50g canned passionfruit and 2tbs seed mix
20g dark chocolate

TOTAL DAILY INTAKE OF 43G DIETARY FIBRE

* Italic words indicate the swap in food items between the day.

Fast fibre facts:

1. Fibre is the indigestible part of plant food. Keeping the skins on fruit and vegetables is one of the best ways to improve your fibre intake.
2. Eating enough fibre in your day can help you to improve constipation and bloating and feeds the gut microbes to help support your digestive system.
3. A meal that's higher in fibre goes through your gut slower than a meal that's lower in fibre and will help keep you fuller for longer. It's also often lower in calories, fat, salt and added sugars.
4. By grating vegetables into dishes such as bolognese sauce or mince burger patties you can increase the fibre and taste of your meal without the family noticing.
5. Many Australians aren't eating enough dietary fibre, so try to boost your intake.





IT'S NOT JUST BREAD. IT'S HELGA'S®