

## How to Increase Dietary Fibre Naturally with Golden Linseeds



### Patient Information

Golden Linseeds are high in fibre, they are gluten and wheat free and help promote bowel movements and reduce constipation by increasing the water content and bulk of stools.

#### What are the benefits of golden linseeds?

1. A natural food source, low cost and no unpleasant taste
2. Pleasant and easy to take
3. Reduce wind and bloating
4. Settles bowel symptoms



#### How to take them

Linseeds can be sprinkled over food or added to cooking. Most people take linseed in seed form, sprinkled over cereal, into yogurts, salads, soups or sandwiches; whatever suits your taste best. They can also be used in baking bread or cakes.

1. Aim to drink 2 litres of fluid per day
2. Drink a glass of fluid when you take the linseed seeds
3. 1 tablespoon of linseeds per day is sufficient

#### What else should I know?

Most health food shops and supermarkets sell linseeds. Do not be tempted to buy the dark brown linseeds because they are cheaper, as they contain linseed in an unrefined state and do not work in the same positive way. Flaxseed is another name for linseed. Ground linseed can be used instead but less is required. It is common to see the linseed seeds in the stool; this is normal.

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**Patient Advice and Liaison Service (PALS)**

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 123 7797 and [whc.pals@nhs.net](mailto:whc.pals@nhs.net)

**Patient and Public Involvement**

We value your opinions which will help us to further develop our services.

If you wish to provide feedback or get involved in our patient participation groups, please email the Patient and Public Involvement Officer at [ask.wiltshirehealthandcare@nhs.net](mailto:ask.wiltshirehealthandcare@nhs.net) or telephone 01249 454386.