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- Use a “seed sprinkle” jar: nuts + seeds on countertop for ease.
- Choose mixed-grains (rice with lentils or beans, wholegrain varieties).
- Add fibre-rich toppings to nut/seed butters or yoghurts.
- Use fresh herbs and spices (they count!) — e.g., chopped frozen herbs ready to add.

- Consider psyllium husk or supplements *if appropriate*, but only with proper hydration and guidance.

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