

FIBRE CLUB





LEGEND

-  WAAGPLEIN
-  RAADHUISPLEIN
-  ZAAILAND
-  PUBLIC TOILET
-  WATER TAP
-  OLDEHOVE
-  ZADENBIBLIOTHEEK
-  FIBRE TRAIL



VEZELRIJK RESTAURANT GUIDE

We recommend these fibre-friendly, local and tasty meals:

BREAKFAST

-  The "Mega Vega" on whole-grain or oathie bagel
-  "Vegan Pancakes" with extra fruit



LUNCH

-  The "Firebean Burger"
The "Baked Sweet Potato" with bean stew
-  "Pulled Jackfruit" sandwich on wholegrain bread

DINNER

-  Vegetarian "Channa Gobhi Massala"
-  "Let's Tempeh Bowl"

SNACKS

-  "Green Booster" smoothie
-  "Raw Vegan Slice"

HELLO FIBRE! • HALLO VEZELS!

Dietary fibre / voedingsvezels; it sometimes feels like that little nutritional thing that everyone has heard of, but nobody quite knows what it is. So, what is it? Quite simply, fibre is a macronutrient that is essential for our health, and is only found in plant foods. It is a carbohydrate that contains substances resistant to the action of digestive enzymes. Fibre has many different functions in the body, such as limiting the absorption of sugars and fats, lowering the risk of heart disease and helping our immune function. Powerful stuff, right? Common foods such as oats, apples, beans and broccoli are rich in fibre, and because we are nuts about fibre at the Fibre Club, we recommend increasing your intake of these foods, and getting curious about fibre overall. Welcome to the vast universe of fibre!

HOW TO USE THIS MAP?

This map is an invitation to explore how fibre relates to the city of Leeuwarden, alongside providing useful universal information. It is a local initiative, with a global lens. We've made all sorts of connections based on our own fibre search—from fun and abstract, to social and educational. Use the map to explore these connections, find high fibre meals, and get enough movement. When you increase your fibre intake, it is important to drink more water. That's why we've included free water taps and public toilets on this map. Follow our fibre trail to make sure you get enough movement, and combine with our online resource for further learning.

ABOUT FIBRE CLUB

Fibre Club is an initiative started by socially-engaged artist Katie Ceekay, in collaboration with illustrator and designer Julia de Jong and kunstinstituut VHDG. Want to know more? Check out our extensive research on www.fibreclub.com

Leeuwarden Map
- English version -

FIBRE PORTIONS • WAAGPLEIN

Leeuwarden's Waag was built in 1590, at a time when weighing goods was mandatory for market merchants. Because of this, we've chosen De Waag as our starting point to talk about fibre. Did you know that there are recommended portion sizes of high fibre products? They are categorised by weight, but check our website for a visual size guide instead! (We ourselves find this easier to follow!) Some handy examples:

150g fruit
200g uncooked vegetables
80g raw leafy vegetables

150g tinned legumes
80g uncooked wholegrains
30g nuts

THE FIBRE TRAIL • FROM SEED TO STOOL

We start our trail at Zaailand ● with a morning ritual—a coffee to wake the bowel, a wander around the square. Limbs warming up, make your way towards a high fibre breakfast of vegan pancakes ② with extra fruit. Make sure to drink enough water at the Prinsentuin tap, where you can also find a toilet ☺☺ You will pass the Oldehove, an unfinished 16th century Gothic bell tower ● Walk around it a few times, to work up your appetite for lunch: a jackfruit sandwich on fibrous whole-grain, local bread ③ Walk towards the Raadhuisplein and Hofplein where you can find the town hall At the Waagplein 🌾 you'll find De Waag where market merchants used to weigh goods like grain. Take note of tonight's dinner recommendation: a Let's Tempeh or falafel bowl (with extra seasonal veg!) ④ Stay hydrated—fiberizing is thirsty work ☺ Collect a raw vegan slice to nibble on later ⑤ Pass the toilet at dbieb—for a comfortable poo ☺—where you can also exchange seeds to grow your own fibre at Zadenbibliotheek 🌱 Walk towards the city centre, and have a few more sips from the water tap ☺ At Station Leeuwarden you'll find more toilets (but not free ones) and one last hydration point. ☺☺

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fibreclub.com



KATIE CEEKAY
SOCIALY-ENGAGED ARTIST

VHDG
KUNSTINITIATIEF
VOORHEEN DE GEMEENTE

design & illustration
by julia de jong