

# FILL UP WITH FIBER WORKSHEET

## GOAL: 25-38 Grams or More Every Day

**INSTRUCTIONS:**

1. Select foods from the Fiber in Foods list to fill up with at least 25 for women/38 for men grams of fiber in a day.
2. Choose foods for breakfast, lunch, dinner, and a snack. Fill in the amount of fiber in each food.
3. Write your grand total of fiber for the day at the bottom of the sheet.
4. *Refine* your list until you get to your goal of at least 25-38 grams.

***BREAKFAST***

Food Items	Serving Size	Grams of Fiber
_____	_____	_____
_____	_____	_____
_____	_____	_____

***LUNCH***

Food Items	Serving Size	Grams of Fiber
_____	_____	_____
_____	_____	_____
_____	_____	_____

***DINNER***

Food Items	Serving Size	Grams of Fiber
_____	_____	_____
_____	_____	_____
_____	_____	_____

***SNACK***

Food Items	Serving Size	Grams of Fiber
_____	_____	_____
_____	_____	_____

**TOTAL FIBER FOR THE DAY: \_\_\_\_\_ GRAMS**

