


Quick Fiber Tracking Chart


There is plenty of fiber in vegetables, fruits, beans, and whole grains. Animal products, however, don't have any fiber at all. The average American gets only 10 to 15 grams of fiber per day – a sensible and easily reached goal is 40 grams per day. Try increasing your fiber intake gradually, rather than in one jump. It may take a few weeks for your digestive tract to get used to the change.

Food (only one ingredient per line)	Fiber Score
Total Points	


Interpreting Your Quick Fiber Check Score



Less than 20:
 You need more fiber in your diet. As it is, your appetite will be hard to control, and you may have occasional constipation. Boosting fiber will help tame your appetite and can cut your risk of many health problems.



20-39:
 You are doing better than most people in Western countries, but as you bring more fiber into your diet, you will find that it makes the food you eat more satisfying and cuts your calorie intake a bit.



40 or more:
 Congratulations. You have plenty of healthful fiber in your diet. It tames your appetite and helps keep you healthy. Fiber also reduces your risk of cancer, heart disease, diabetes, and digestive problems.