

EXAMPLE DAY OF FIBER-RICH FOOD CHOICES

Food Group Serving Size	# of Servings	x Approximate Fiber Content Per Serving (grams)	= Fiber Intake (grams)
Whole Fruit 1 medium, 1 cup cut	2	2	4
Vegetables 1 cup cut, 2 cups raw leafy	3	4	12
Whole Grains 1 slice bread, ½ cup cooked rice/pasta/oatmeal	4	2	8
Beans, Peas and Lentils ½ cup cooked	1	8-10	9
Nuts and Nut Butters ¼ cup nuts, 2 Tablespoons nut butter	1	2	2
Whole Grain Breakfast Cereals See Nutrition Facts Label	1	3	3
Total			38

ESTIMATE YOUR FIBER INTAKE

Food Group Serving Size	# of Servings	x Approximate Fiber Content Per Serving (grams)	= Fiber Intake (grams)
Whole Fruit 1 medium, 1 cup cut		2	
Vegetables 1 cup cut, 2 cups raw leafy		4	
Whole Grains 1 slice bread, ½ cup cooked rice/pasta/oatmeal		2	
Beans, Peas and Lentils ½ cup cooked		6	
Nuts and Nut Butters ¼ cup nuts, 2 Tablespoons nut butter		2	
Whole Grain Breakfast Cereals See Nutrition Facts Label		3	
Total			