

# 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***

<b>Food Items</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

***LUNCH***

<b>Food Items</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

***DINNER***

<b>Food Items</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____

***SNACK***

<b>Food Items</b>	<b>Serving Size</b>	<b>Grams of Fiber</b>
_____	_____	_____
_____	_____	_____

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



Nutrition Services 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • [www.healthylivingforlife.org](http://www.healthylivingforlife.org)

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663.

Funded by the by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. • California Department of Public Health