

# High Fiber Diet Chart

Date:

## Breakfast

- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_

## Mid-Morning Snack

- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_

## Lunch

- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_

## Afternoon Snack

- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_

## Dinner

- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_

## Evening Snack

- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_
- Food Item: \_\_\_\_\_ | Fiber (g): \_\_\_\_\_

**Notes:**

**Total Daily Fiber Intake: \_\_\_\_\_ grams**

*This template can be used daily to monitor and ensure a balanced intake of high-fiber foods. Remember to increase fiber in your diet and stay hydrated gradually.*