

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.