

High Fiber Diet Plan

Client Information

Name: _____ DOB: _____

ID: _____ BMI (if applicable): _____

Fiber RDI: _____ g/day

Goals

Food Groups to Include

- Wholegrains
- Legumes
- Fruits
- Vegetables
- Nuts and Seeds

High Fiber Food Swaps

Low Fiber Foods to Replace	High Fiber Option
White bread	Wholegrain or wholewheat breads
Regular pasta (white flour)	Wholegrain pasta, or legumes such as lentils, split peas, or beans
Sugary, highly processed cereals	Whole oats, or granola with wholegrains and/or nuts
White rice	Brown rice, or wholegrains such as bulgur, quinoa, or barley
Sugary snacks	Dried fruit, dark chocolate, nuts, or seeds

Additional Notes:

Clinician Name: _____ Date: _____