

Estimate Your Daily Fiber Consumption

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To roughly estimate your daily fiber consumption, determine the number of servings that you ate yesterday from each food category listed here. If you are not meeting your needs, how could you do so? Multiply the serving amount by the value listed and then add up the total amount of fiber.

Food	Servings	Grams
Vegetables (serving size: 1 cup raw leafy greens or 1/2 cup other vegetables)	_____ x2	_____
Fruits (serving size: 1 whole fruit; 1/2 grapefruit; 1/2 cup berries or cubed fruit; 1/4 cup dried fruit)	_____ x2.5	_____
Beans, lentils, split peas (serving size: 1/2 cup cooked)	_____ x7	_____
Nuts, seeds (serving size: 1/4 cup; 2 tbsp peanut butter)	_____ x2.5	_____
Whole grains (serving size: 1 slice whole-wheat bread; 1/2 cup whole-wheat pasta, brown rice, or other whole grain; 1/2 each bran or whole-grain muffin)	_____ x2.5	_____
Refined grains (serving size: 1 slice bread, 1/2 cup pasta, rice, or other processed grains; and 1/2 each refined bagels or muffins)	_____ x1	_____
Breakfast cereals (serving size: check package for serving size and amount of fiber per serving)	_____ x grams of fiber per serving	_____
Total Grams of Fiber =		_____

Adapted from Fiber: Strands of protection. *Consumer Reports on Health*, p. 1, August 1999.

How does your total fiber intake for yesterday compare with the general recommendation of 25 to 38g of fiber per day for women and men, respectively? If you are not meeting your needs, how could you do so?