

Fibre Diary

Day 1					Day 2				
<u>Time</u>	<u>Food</u>	<u>Fibre (g)</u>	<u>Drink</u>	<u>Bowels</u>	<u>Time</u>	<u>Food</u>	<u>Fibre (g)</u>	<u>Drink</u>	<u>Bowels</u>
6 am					6 am				
7 am					7 am				
8 am					8 am				
9 am					9 am				
10 am					10 am				
11 am					11 am				
12 pm					12 pm				
1 pm					1 pm				
2 pm					2 pm				
3 pm					3 pm				
4 pm					4 pm				
5 pm					5 pm				
6 pm					6 pm				
7 pm					7 pm				
8 pm					8 pm				
9 pm					9 pm				
10 pm					10 pm				
11 pm					11 pm				
12 am					12 am				
1 am					1 am				
2 am					2 am				
3 am					3 am				
4 am					4 am				
5 am					5 am				
Totals:		(g)	(oz)				(g)	(oz)	

How To Keep A Fibre Diary

- ✓ Keep at least two days of the diary
- ✓ Record the food that you eat, and write down the amount of fibre you intake using the accompanying fibre chart as a reference, OR you can get fibre information from the “nutritional values” on the side of the box/package.
- ✓ Record when you have a bowel movement
- ✓ Record how much you drink in the number of ounces and what the type of fluid was that you had. For example, 8/water, 16/coffee. This does not have to be an exact science; you can estimate the volume of your fluids. Don't forget that everything that is a liquid at room temperature needs to be recorded (ie. soup, ice cream)

How Can You Add More Fibre to Your Diet?

(As described in the new “Canada’ Physical Activity Guide to Healthy, Active Living”. ***Reference: nutrient calculations are based on version 2.1of the Minnesota Nutritional Data System (NDS) software developed by the Nutritional Centre, University of Minnesota, Minneapolis, MN.)*

- ✓ Enjoy a variety of foods as outlined in “Canada’s Food Guide to Healthy Eating”. For example, choose whole grains more often and opt for more dark green and orange vegetables.
- ✓ Make sure you’re getting enough soluble fibre by emphasizing cereals, whole grain bread and other grain products, vegetables, and fruit. Barely, psyllium fibre supplements, oats, dried peas and beans are especially high in heart-healthy soluble fibre.
- ✓ Consider other important aspects recommended for a healthy lifestyle:
 - Avoid smoking and being exposed to second hand smoke
 - Get regular physical activity
 - Choose lower fat dairy products leaner meats and foods prepared with little or no fat
 - Achieve and maintain a healthy body weight.
- ✓ Use the attached chart as a guide to help you understand how the amount of fibre differs from one food to another.

Fibre Found In Whole Foods (Alphabetical)

Source	Serving Size	Total Fibre (g)	Source	Serving Size	Total Fibre (g)
Almonds, Roasted	½ cup	7.97	Kidney Beans	½ cup	6.1
Apple	1 with skin	3.8	Lentil	½ cup	5.22
Apricots	½ cup	1.77	Lettuce, iceberg, raw	½ cup	0.24
Artichoke	1 glop	3.96	Lima Beans	½ cup	6.1
Asparagus	¾ cup	2.4	Metamucil	1 tbsp	3
Banana	1 medium	2.19	Milk	3.5 ounces	0
Barley	½ cup	15.6	Oatmeal	1 cup	3.4
Blackberries	1 cup	7.2	Onion	½ cup	1.28
Black-eyed peas	½ cup	8.21	Orange	1 medium	3.14
Bran	1 ounce	8.72	Peanuts, roasted	½ cup	6.34
Broccoli	½ cup	3	Pear	1 medium	4.5
Brussel Sprouts	½ cup	3.51	Peas	½ cup	4.4
Cabbage, green	½ cup	1.5	Pineapple	½ cup	0.93
Cantaloupe	1 wedge	1.07	Pinto Beans	½ cup	7.4
Carrots	½ cup cooked	2.7	Plum	1 medium	0.99
Cauliflower	½ cup	2.3	Popcorn, popped	½ cup	0.53
Celery, raw	½ cup	0.96	Potato with skin, baked	1 large	4
Cherries	½ cup	0.94	Psyllium Fibre supplements	Up to 3 tsp./day	Up to 9.0
Chicken, roasted	3.5 ounces	0	Pumpernickel bread	1 slice	1.72
Corn	½ cup	3.03	Raspberries	1 cup	8.4
Corn bread	1 med. Piece	1.24	Red Beans	½ cup	5.48
Corn kernels	½ cup	2	Rice, brown	½ cup	5.27
Cornmeal	½ cup	3.59	Rice, white	½ cup	1.42
Cucumber, raw	½ cup	0.52	Spinach	½ cup	2.07
Eggplant	½ cup	0.96	Squash, acorn	½ cup	4
Flour, Rye	½ cup	6.42	Steak Tenderloin, broiled	3.5 ounces	0
Flour, whole wheat	½ cup	6.56	Strawberries	1 cup	4.3
Granola	½ ounce	1.5	Tomato, Raw	½ cup	1.17
Grapefruit	1 medium	3.61	Watermelon	1 slice	1.93
Grapes	½ cup	0.56	Wax/yellow beans	½ cup	1.89
Green Beans	1 cup	2.6	Wheat Bran	1 oz	9.7
Green Peas	½ cup	3.52	Wheat Germ	1 ounce	4.05
Ground hamburger patty	3.5 ounces	0	White Beans	1 cup	11
			Zucchini	½ cup	1.3