

CHECK ON
FIBRE
FOODTRACK™



Most Canadians need more fibre.
Here's a *rough* way to check on fibre.

STEP 1: ESTIMATE YOUR FIBRE INTAKE FOR A DAY

FIND the foods in each column that you ate yesterday.

Note that many foods commonly thought to be high in fibre do not contain enough fibre in one portion to count.

WRITE the number of portions you ate beside each food.

TOTAL the portions you ate in each column and multiply by the gram value for that column.

ADD your totals from each column to calculate how much fibre you had yesterday.

FOODS CONTAINING ABOUT 2 GRAMS OF FIBRE		# OF PORTIONS I ATE
Vegetables & Fruit		
Raw leafy greens, Raw cabbage,		
Cucumber	2 cups or 500 mL	
Vegetables—other raw	1 cup or 250 mL	
Vegetables—other cooked	½ cup or 125 mL	
Cherries, Grapes, Melon, Pineapple	1 cup or 250 mL	
Raisins or other dried fruit	¼ cup or 60 mL	
Fruit—all others, except those in 5 GRAM column	1 medium, ½ cup or 125 mL	
Grain Products		
Breads—whole wheat or whole grain:		
Bread	1 slice or 35 g	
Bagel, Bun, Pita	½ or 35 g	
English muffin	½	
Naan	¼ or 35 g	
Cereals— <i>Note exceptions in other columns</i>		
Whole grain, ready-to-eat	½–1 cup or 30 g	
Oatmeal or Oat bran		
uncooked	½ cup or 30 g	
cooked	¾ cup or 175 mL	
Wheat bran or Wheat germ	2 Tbsp or 30 mL	
Whole grains—cooked		
e.g. Barley, Brown rice, Buckwheat, Bulgur,		
Couscous, Kamut, Millet,		
Quinoa, Spelt	½ cup or 125 mL	
Popcorn	2 cups or 500 mL	
Crackers—whole wheat	4–6 crackers or 25 g	
Meat & Alternatives		
Nuts—except almonds		
Almonds	¼ cup or 60 mL	
Seeds—Hemp, Pumpkin, Squash,		
Sunflower, Sesame	2 Tbsp or 30 mL	
Tahini	2 Tbsp or 30 mL	
Peanut or Hazelnut butter	2 Tbsp or 30 mL	
Flaxseed—ground or whole	1 Tbsp or 15 mL	
Miscellaneous		
Chocolate—dark	20 g or two thin squares	
Chocolate—milk	50 g	
TOTAL PORTIONS I ATE		
TOTAL PORTIONS X 2 =		g

FOODS CONTAINING ABOUT 5 GRAMS OF FIBRE		# OF PORTIONS I ATE
Vegetables & Fruit		
Avocado	½ medium, ½ cup or 125 mL	
Pear, Guava, Pomegranate	1 medium	
Kumquats	5	
Blackberries or Raspberries	½ cup or 125 mL	
Green peas—raw or cooked	½ cup or 125 mL	
Grain Products		
<i>Red River™</i> or		
<i>Sunny Boy™</i> cereal—cooked	¾ cup or 175 mL	
<i>Weetabix™</i> cereal	2 biscuits	
Bran muffin	1 small or 60 g	
Rye crackers	1–3 crackers or 25 g	
Pasta, whole wheat—cooked	1 cup or 250 mL	
Tortilla, whole wheat or whole grain	1 large	
Meat & Alternatives		
Legumes		
Black-eyed peas—cooked	½ cup or 125 mL	
Chickpeas—cooked	½ cup or 125 mL	
Edamame	½ cup or 125 mL	
Fava or Broad beans—cooked	½ cup or 125 mL	
Hummus	½ cup or 125 mL	
Lentils—cooked	½ cup or 125 mL	
Lima beans, fresh or frozen—cooked	½ cup or 125 mL	
Soybeans—cooked	½ cup or 125 mL	
Split peas—cooked	¾ cup or 175 mL	
Seeds		
Chia seeds—ground or whole	1 Tbsp or 15 mL	
TOTAL PORTIONS I ATE		
TOTAL PORTIONS X 5 =		g

FOODS CONTAINING ABOUT 7 GRAMS OF FIBRE		# OF PORTIONS I ATE
Grain Products		
<i>(Note: Check labels for cereals not listed.)</i>		
100% Bran® cereal	½ cup or 75 mL	
All-Bran™ cereal	½ cup or 75 mL	
All-Bran Buds™ cereal	3 Tbsp or 45 mL	
Bran flakes	¾ cup or 175 mL	
Fibre 1™ cereal	¼ cup or 60 mL	
Raisin bran cereal	1 cup or 250 mL	
Meat & Alternatives		
Baked beans		
Black beans—cooked	½ cup or 125 mL	
Great Northern beans—cooked	½ cup or 125 mL	
Kidney beans—cooked	½ cup or 125 mL	
Lima beans, dry—cooked	½ cup or 125 mL	
Navy beans—cooked	½ cup or 125 mL	
Pinto beans—cooked	½ cup or 125 mL	
Refried beans	½ cup or 125 mL	
TOTAL PORTIONS I ATE		
TOTAL PORTIONS X 7 =		g

Add your totals from each column to calculate how much fibre you had yesterday.

MY TOTAL
 MY 2 GRAM TOTAL
 + MY 5 GRAM TOTAL
 + MY 7 GRAM TOTAL
 = MY TOTAL GRAMS

STEP 2: ARE YOU ON TRACK?

CIRCLE the amount of fibre recommended for you in the chart below.

RECOMMENDED GRAMS OF FIBRE PER DAY FOR ADULTS				
AGE	19–50		51+	
SEX	WOMEN	MEN	WOMEN	MEN
GRAMS	25	38	21	30

Pregnant women 28 g
Lactating women 29 g

(Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. National Academy of Sciences, 2002/2005)

Did you get enough fibre?

- YES** Great, you are on track!
Look for more IDEAS FOR ACTION in STEP 3 to stay on track.
- NO** You're not alone!
GO to STEP 3 for IDEAS FOR ACTION.
Even a small increase is beneficial.

IDEAS FOR ACTION

Here are some ideas to help you get more fibre.

CHECK the ideas that would work for you, or create your own.

- Eat more vegetables and fruit (e.g. eat two vegetable servings at lunch or dinner).
- Choose whole vegetables or fruit instead of juices.
- Eat more whole grain breads and cereals.
- Add wheat germ or oat bran to cereal.
- Add raisins and nuts to cereals, salads and desserts.
- Choose vegetable, bean or lentil soups.
- Add cooked or canned beans to a salad.
- Serve baked beans or other legumes frequently.
- Add high fibre cereal to yogurt or meatloaf.
- Choose one food each day with 5 or more grams of fibre per portion.

STEP 3: TAKE ACTION

LOOK over the food lists in STEP 1 and the IDEAS FOR ACTION above.

SELECT one idea that you can realistically accomplish.

MAKE a specific plan based on that idea.

EXAMPLE:

(Consider the time of day and where you will be.)

At lunch when I'm at work, I will choose
whole grain bread at the sandwich counter

MY ACTION PLAN:

NOTE: For your own digestive comfort, it's important to increase fibre intake gradually. Be sure to increase fluids at the same time, and to include a variety of fibre sources.

STEP 4: IS YOUR PLAN ON TRACK?

THINK about your plan. Ask yourself the following questions:

- Have I chosen a small increase in fibre instead of a large increase all at once?
- When will I start?
- What might interfere with carrying out my plan?
- How can I overcome this problem?
- Would another IDEA FOR ACTION be easier for me to accomplish? If so, go back to STEP 3 to revise your Action Plan.

CONGRATULATIONS! You have learned a simple process to check on fibre. Repeat this process any day to see if you are on track.

If you have more nutrition questions, call Dial-a-Dietitian at:
204-788-8248 or 1-877-830-2892

Check if you are on track...



by using the rest of the FoodTrack™ series.

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