

INNOVATION IN  
NUTRITION  
EDUCATION

CHECK ON  
**FIBRE**  
FOODTRACK™



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

# CHECK ON FIBRE FOODTRACK™

## 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 <b>3 GRAMS OF FIBRE</b>	# OF PORTIONS I ATE
<b>Vegetables &amp; Fruit</b> Fruit—except pear and some berries (1 medium, ½ cup or 125 mL) Raisins or other dried fruit (¼ cup or 60 mL) Lettuce or Cucumber (2 cups or 500 mL) Vegetables—all other raw (1 cup or 250 mL) Vegetables—cooked (½ cup or 125 mL) <b>Grain Products</b> Breads—whole wheat or whole grain: Bread (1 slice or 35 g) Bagel or Pita (½ or 35 g) Naan (¼ or 35 g) Cereals—Note exceptions in other columns: Whole grain ready-to-eat (⅓–1 cup or 30 g) Oatmeal or Oat bran—uncooked (⅓ cup or 30 g) Oatmeal—cooked (¾ cup or 175 mL) Wheat bran or Wheat germ (2 Tbsp or 30 mL) Brown rice—cooked (1 cup or 250 mL) Bulgur—cooked (½ cup or 125 mL) Popcorn (2 cups or 500 mL) Crackers—whole wheat (4–6 crackers or 25 g) <b>Milk &amp; Alternatives</b> Chocolate milk (whole) (1 cup or 250mL) <b>Meat &amp; Alternatives</b> Nuts (¼ cup or 60 mL) Pumpkin or squash seeds (¼ cup or 60 mL) Peanut butter (2 Tbsp or 30 mL) Sunflower seeds (¼ cup or 60 mL) Sesame seeds or Tahini (2 Tbsp or 30 mL) Flaxseed—ground or whole (1 Tbsp or 15 mL) <b>Miscellaneous</b> Chocolate—milk or dark (60 g)	
<b>TOTAL PORTIONS I ATE</b>	
<b>TOTAL PORTIONS X 3 =</b>	<b>g</b>

FOODS CONTAINING ABOUT <b>5 GRAMS OF FIBRE</b>	# OF PORTIONS I ATE
<b>Vegetables &amp; Fruit</b> Pear (1 medium or 166 g) Raspberries or Blackberries (½ cup or 125 mL) <b>Grain Products</b> Red River™ or Sunny Boy™ cereal—cooked (¾ cup or 175 mL) Weetabix™ cereal (2 biscuits) Bran muffin (1 small or 60 g) Rye crackers (1–3 crackers or 25 g) Whole wheat pasta—cooked (1 cup or 250 mL) <b>Meat &amp; Alternatives</b> Black-eyed peas—cooked (½ cup or 125 mL) Chickpeas—cooked or Hummus (½ cup or 125 mL) Fava or Broad beans—cooked (½ cup or 125 mL) Lentils—cooked (½ cup or 125 mL) Lima beans—cooked (½ cup or 125 mL) Soybeans—cooked (½ cup or 125 mL)	
<b>TOTAL PORTIONS I ATE</b>	
<b>TOTAL PORTIONS X 5 =</b>	<b>g</b>

FOODS CONTAINING ABOUT <b>7 GRAMS OF FIBRE</b>	# OF PORTIONS I ATE
<b>Grain Products</b> 100% Bran® cereal (⅓ cup or 75 mL) All Bran™ cereal (½ cup or 125 mL) All-Bran Buds™ cereal (3 Tbsp or 45 mL) Fibre 1™ cereal (⅓ cup or 75 mL) Raisin bran cereal (1 cup or 250 mL) Corn Bran Squares™ cereal (1 cup or 250 mL) <b>Meat &amp; Alternatives</b> Baked beans—canned (½ cup or 125 mL) 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) Navy beans—cooked (½ cup or 125 mL) Pinto beans—cooked (½ cup or 125 mL) Refried beans (½ cup or 125 mL)	
<b>TOTAL PORTIONS I ATE</b>	
<b>TOTAL PORTIONS X 7 =</b>	<b>g</b>

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

**MY TOTAL** MY 3 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.

## STEP 3: TAKE ACTION

**LOOK** over the food lists in STEP 1 and the Ideas for Action below.

**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:

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**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.

## 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 fruits, 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 or bean soups such as corn chowder or lentil soup.
- Add 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 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 this 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.

Check if you are on track...



by using the rest of the FoodTrack™ series.



For more information,  
call a nutrition educator at:  
604-294-3775 or  
1-800-242-6455  
[www.bcdairyfoundation.ca](http://www.bcdairyfoundation.ca)  
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