VITALS VAULT

FREE GUIDE

The fiber counter and food ladder

Most adults eat much less fiber than the US recommendation. Count a week of high-fiber foods at about 5 g a serving and see how close you get.

SEVEN-DAY FIBER COUNTER

Day	High-fiber foods (about 5 g or more)	Servings	Total (g)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

HIGH-FIBER FOODS: TICK WHAT YOU ATE

- [ ] Beans or lentils
- [ ] Chickpeas
- [ ] Oats
- [ ] Barley
- [ ] Almonds or walnuts
- [ ] Flax, sesame or pumpkin seeds
- [ ] Berries
- [ ] Whole avocado (about 9 g)
- [ ] Whole-grain bread
- [ ] Most vegetables

THE TARGET

The US recommendation is about 25 g a day for women and 38 g for men, and only about 5% of people reach it. A plan in one handout aimed for 25 to 35 g. Soluble fiber helps bind cholesterol and steadies blood sugar.

QUESTIONS TO ASK

- [ ] Is a big fiber change safe with my medicines?
- [ ] Does my cholesterol or blood sugar suggest more fiber would help?
- [ ] How fast should I add fiber to avoid discomfort?
- [ ] Should I talk to a dietitian?

Sources: US fiber recommendation as quoted in a cardiometabolic food plan. The 5 g per serving rule is that plan's guide. Our own counter.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com