



Adventures in learning, created by Canadian dietitians

Family Fibre Planner

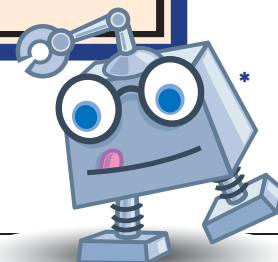


Use the following chart to track how much fibre you and your family eat in a day. Check off the foods you eat and add up how much fibre is in your diet. The fibre values listed reflect the amount found in a serving size, so keep in mind how much you have eaten. Find the recommended daily fibre intake for your age and gender in the list below and then see if there is room for fibre improvement!

Daily Fibre recommendations by age and gender*:						
AGE	1-3	4-8	9-13	14-18	19-50	50+
Male	19	25	31	38	38	30
Female	19	25	26	26	25	21

*Adequate intake levels from the Institute of Medicine (2005). Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients). National Academies Press.


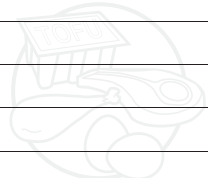
Food	Serving Size	Fibre (g)	My Fibre
Vegetables			
Peas, green, cooked	125 ml (1/2 cup)	6	
Potato, with skin, cooked	125 ml (1/2 cup)	5	
Sweet potato, no skin, cooked	125 ml (1/2 cup)	4	
Brussel sprouts, cooked	125 ml (1/2 cup)	3	
Broccoli, cooked	125 ml (1/2 cup)	2	
Corn, cooked	125 ml (1/2 cup)	2	
Carrot, raw	medium	2	
Vegetable Total: ____ grams			
Fruit			
Pear, raw with skin	1 medium	5	
Raspberries, raw or frozen	125 ml (1/2 cup)	4	
Orange	1 fruit	4	
Kiwi fruit, raw	1 large	3	
Apple	1 medium	3	
Banana	1 medium	2	
Fruit Total: ____ grams			



Learn more about making healthy food choices at www.missionnutrition.ca and www.healthcanada.gc.ca/foodguide

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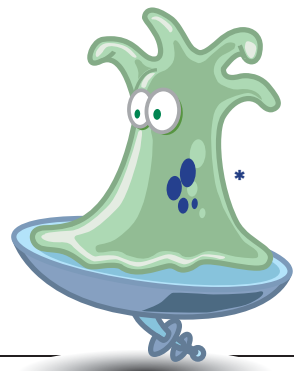


Food	Serving Size	Fibre (g)	My Fibre
Grains Products : Cereals			
Very high fibre bran cereal	1/3 cup (125 ml)	12	
Bran cereal with raisins	1 cup (250 ml)	6	
Whole wheat biscuits cereal	20-27 biscuits	5-6	
Oatmeal, cooked	175 ml (3/4 cup)	3	
Breads and other grain products			
Muffin, bran, oat bran	1 small	3	
Bread or pita bread, whole wheat, pumpernickel, rye	1 slice (35 g)	2	
Brown rice, cooked	125 ml (1/2 cup)	2	
Quinoa, cooked	125 ml (1/2 cup)	1	
Grain Products Total: ___ grams			
Meat Alternatives: Legumes & Nuts			
Flaxseeds, whole, ground	60 ml (1/4 cup)	12	
Kidney Beans, cooked	175 ml (3/4 cup)	9	
Baked beans with sauce	175 ml (3/4 cup)	8	
Lentils, cooked	175 ml (3/4 cup)	6	
Garbanzo beans (chickpeas), cooked	175 ml (3/4 cup)	6	
Almonds, dry, roasted	60 ml (1/4 cup)	4	
Peanuts, dry roasted	60 ml (1/4 cup)	4	
Hummus	30 ml (2 tbsp)	2	
Meat Alternatives Total: ___ grams			

Reference: Canadian Nutrient File 2007b: <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

Your daily fibre recommendation: ___ grams
Fibre Totals:
Vegetables : ___ grams
Fruit : ___ grams
Grain Products : ___ grams
Meat Alternatives: ___ grams
Total: ___ grams

How does this amount compare to your fibre recommendation?



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