

# Fiber Food Chart

Day 1			
<i>Food</i>	<i>Fiber per serving</i>	<i>Serving(s) consumed</i>	<i>Grams of fiber consumed</i>
Breakfast:			
Snack:			
Lunch:			
Snack:			
Dinner:			
Day 2			
Breakfast:			
Snack:			
Lunch:			
Snack:			
Dinner:			
Day 3			
Breakfast:			
Snack:			
Lunch:			
Snack:			
Dinner:			
<b>Total:</b>			