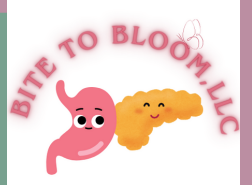


FIBER CHECKLIST

TODAY'S GOAL: 40G



FRUIT

• 1c guava	9g	<input type="checkbox"/>
• 1c raspberries	8g	<input type="checkbox"/>
• 1c mango	5g	<input type="checkbox"/>
• 1 med. pear	4g	<input type="checkbox"/>
• 1c blueberries	4g	<input type="checkbox"/>
• 1c papaya	4g	<input type="checkbox"/>
• 1 med apple (with skin)	3.7g	<input type="checkbox"/>
• 1c strawberries	3.4g	<input type="checkbox"/>
• 1 med grapefruit	3g	<input type="checkbox"/>
• 1 med orange	3g	<input type="checkbox"/>
• 1 med banana	2.7g	<input type="checkbox"/>
• 1c pineapples	2g	<input type="checkbox"/>
• 10 cherries	1.3g	<input type="checkbox"/>
• 1c grapes	1.2g	<input type="checkbox"/>
• 1c watermelon	0.8g	<input type="checkbox"/>

Total:

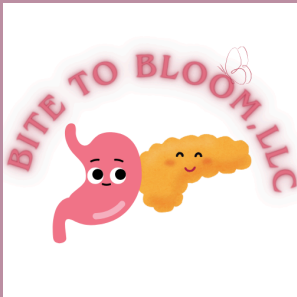


VEGETABLES

• 1c Lima beans	13.2g	<input type="checkbox"/>
• 1 avocado	10g	<input type="checkbox"/>
• 1c green peas	8g	<input type="checkbox"/>
• 1c broccoli	5g	<input type="checkbox"/>
• 1 baked potato	5g	<input type="checkbox"/>
• 1c brussel sprouts	4g	<input type="checkbox"/>
• 1 baked sweet potato	3g	<input type="checkbox"/>
• 1 medium carrot	2g	<input type="checkbox"/>
• 1 ear corn	2g	<input type="checkbox"/>
• 1c lettuce	1g	<input type="checkbox"/>
• 1c cucumber	1g	<input type="checkbox"/>
• 1 medium tomato	1g	<input type="checkbox"/>
• 1 stalk celery	1g	<input type="checkbox"/>

Total:

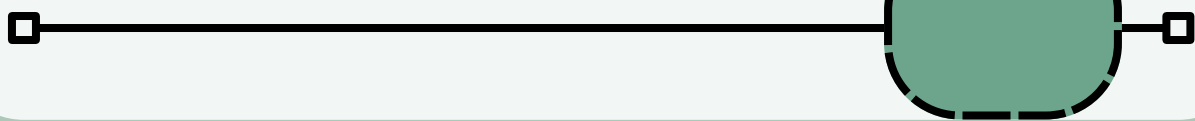




BEANS

- | | | |
|-------------------|-------|--------------------------|
| • 1c lentils | 16g | <input type="checkbox"/> |
| • 1c black beans | 15g | <input type="checkbox"/> |
| • 1c pinto beans | 14.7g | <input type="checkbox"/> |
| • 1c baked beans | 14g | <input type="checkbox"/> |
| • 1c chickpeas | 12g | <input type="checkbox"/> |
| • 1c kidney beans | 11g | <input type="checkbox"/> |

Total:



GRAINS

- | | | |
|-----------------|------|--------------------------|
| • 1c farro | 11g | <input type="checkbox"/> |
| • 1c barley | 6g | <input type="checkbox"/> |
| • 1c quinoa | 5g | <input type="checkbox"/> |
| • 1c brown rice | 3.5g | <input type="checkbox"/> |

Total:



NUTS & SEEDS

- | | |
|--------------------|------|
| • 1tbsp flax seeds | 7.7g |
| • 1tbsp flax seeds | 5g |
| • 1oz almonds | 4g |
| • 1oz pistachios | 2.9g |
| • 1oz peanuts | 2.4g |
| • 1oz walnuts | 1.9g |
| • 1tbsp hemp seeds | 1.1g |
| • 1oz cashews | 1g |

Total:



DON'T FORGET TO
READ NUTRITION
FACTS ON PACKAGED
FOOD. HOPEFULLY,
THAT HAS FIBER TOO!
ADD THIS TO YOUR
TOTAL FIBER

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Today's Total:

