

**FIBER IS FUN! KEEP TRACK OF YOUR FIBER INTAKE HERE:**

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
Th				
F				
Sa				
Su				

**You get a fiber checkmark for the following:**

- Grains/cereals/pasta/breads etc with a 10:1 ratio or less of carbohydrate to fiber (total carbohydrates/total fiber = ratio. Aim for a number less than 10. The lower that number, the better!)
- You eat one serving of a whole fruit or vegetable (a serving equals about 1/2 cup)
- Your snack includes beans, nuts, seeds, fruits or veggies

Aim for at least 3 checkmarks a day!