**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class\_\_\_\_\_\_\_\_**

**How is my fiber intake?**

**Use the table on the other side to evaluate your diet, using the following steps:**

1. List everything you ate yesterday and the amount.
2. Use the Fiber Content of Foods sheets or go to [www.nal.usda.gov/fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search) . Find and list the common serving size.
3. Convert the serving to decimal form (i.e. ½ = .5)
4. Calculate the number of servings you ate.
5. Find and note the fiber content in a common serving.
6. Calculate the total amount of fiber you consumed from each food.
7. Find the sum total of fiber from all the food you consumed for the day. Write it here. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Evaluate whether you ate enough fiber by comparing your total to the recommended range. National Cancer Institute recommends 20-35 grams per day.

Do you get enough fiber? (answer in a full sentence)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many more grams of fiber do you need to consume to get the minimum recommended amount? \_\_\_\_\_\_\_\_\_\_

List some food items you could /would eat to get this fiber.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Food | Amount consumed | Serving size | Serving size *in decimal form* | # of servings | fiber content *per serving* | Total fiber consumed |
| *Cheese pizza* | *2 slices* | *1 slice* | *1* | *= 2* | *2.5* | *2 x 2.5=5* |
| *Frosted Flakes* | *1 cup* |  | *.75* | *=1.33* | *.5* | *1.33 x .5 = 0.67* |

Your dietary intake:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Total grams of fiber consumed this day: | | | | | |  |