

## Take The “2-Minute Fiber Test”

Discover your daily fiber intake by choosing the foods closest to your **normal daily diet for one particular day**. (Note: The key to the fiber test is choosing one day’s actual diet, no cheating!) Write down the grams each food provides in the space provided on the right. Add up the total to see if you are receiving the U.S. Surgeon General & Health Canada’s recommended 25–30 grams of fiber per day, or 50–60 grams of daily fiber recommended by many doctors, naturopaths, herbalists, and nutritionists.

	Serving Size	Fiber Grams	Your Intake
<b>Animal Protein</b>			
Meat	any amt.	0	_____
Chicken	“	0	_____
Fish	“	0	_____
Eggs	“	0	_____
Dairy (cheese, milk, etc.)	“	0	_____
<b>Grains &amp; Pastas</b>			
Brown rice	½ cup	2.4	_____
White rice	½ cup	0.8	_____
Spaghetti	½ cup	2.0	_____
Couscous	½ cup	0.5	_____
Millet	½ cup	3.5	_____
Polenta	½ cup	2.0	_____
Quinoa	½ cup	5.0	_____
Tabouli	b cup	1.0	_____
Tofu	1/5 block	1.0	_____
Tempeh	a block	8.0	_____
<b>Cold &amp; Hot Cereals</b>			
Oatmeal	½ cup	7.7	_____
Grape Nuts	1 oz.	1.8	_____
Wheaties	1 cup	2.6	_____
Multigrain	b cup	4.0	_____
Millet Rice	¾ cup	3.0	_____
Corn Flakes	¾ cup	2.7	_____
Puffed Rice	1 cup	1.0	_____
<b>Breads</b>			
Bagel	1	0.6	_____
Bran muffin	1	2.5	_____
Rye bread	1 slice	0.9	_____
Wheat bread	1 slice	1.4	_____
White bread	1 slice	0.5	_____
Multigrain	1 slice	2.0	_____
Spelt	1 slice	0.9	_____
Focaccia	1 slice	1.0	_____
Wheat tortilla	1	2.0	_____
White tortilla	1	0.5	_____
<b>Beans, Peas, Legumes</b>			
Lentils	½ cup	3.7	_____
Green peas	½ cup	5.7	_____
Pinto beans	½ cup	2.5	_____
Split peas	½ cup	2.5	_____
Kidney beans	½ cup	5.8	_____
Lima beans	½ cup	4.4	_____
Green beans	½ cup	2.1	_____
Chick peas	½ cup	6.0	_____

<b>Vegetables</b>			
Asparagus	½ cup	1.0	_____
Artichoke	1 large	4.5	_____
Romaine lettuce	1 cup	2.0	_____
Carrots	1 med.	1.5	_____
Cucumber	½ cup	0.4	_____
Broccoli	½ cup	2.2	_____
Cauliflower	½ cup	1.0	_____
Tomato	1 med.	1.5	_____
Potato (w/skin)	1 med.	2.5	_____
Zucchini	½ cup	1.8	_____
Mushrooms	½ cup	1.5	_____
Avocado	½	2.8	_____
Corn on the cob	1 med.	5.0	_____
Spinach	½ cup	7.0	_____
Beets	½ cup	2.5	_____
Steamed veggies	Lg. plate	6.5	_____
Tomato sauce	½ cup	2.0	_____
Salsa	2 tbsp.	1.0	_____
Cole slaw	½ cup	0.8	_____
Lettuce, iceberg	½ head	0.3	_____
Sea Nori	1 sheet	1.0	_____

<b>Fruits</b>			
Apple (w/skin)	1 med.	3.5	_____
Grapefruit	½	0.8	_____
Banana	1 med.	2.4	_____
Cantaloupe	¼ melon	1.0	_____
Orange	1 med.	2.6	_____
Prunes	3	3.0	_____
Figs	1 med.	2.0	_____
Pears	1 med.	4.0	_____
Raspberries	½ cup	4.6	_____
Strawberries	½ cup	1.5	_____
Watermelon	1 slice	2.8	_____

<b>Nuts &amp; Seeds</b>			
Almonds	1 cup	1.1	_____
Peanut butter	2 tbsp.	2.0	_____
Sesame butter	2 tbsp.	1.0	_____
Sunflower seeds	1 cup	2.0	_____

<b>Other</b>			
Popcorn	1 cup	1.0	_____
Corn tortilla chips	1 oz.	2.0	_____
Potato chips	1 oz.	1.0	_____
Wheat crackers	4	1.0	_____
Multigrain waffle	1	2.0	_____
Gardenburger	1 patty	5.0	_____

<b>LiFiber™</b>	1 scoop	5.6	_____
<b>Bios Life 2™</b>	1 packet	4.5	_____

**Your Total** \_\_\_\_\_

U.S. Surgeon General and Health Canada Recommend **25–30 grams**

Many doctors, naturopaths & nutritionists recommend **50 grams+**