7-day fibre diary (printable)

Write down what you ate and the fibre in grams. Protein column is optional. Grams for UK foods: gutmaxx.co.uk. NHS fibre target: 30g a day; build up gradually and drink plenty of fluids.

Day 1 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

Day 2 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

Day 3 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

Day 4 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

Day 5 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

Day 6 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

Day 7 · Date: _____	Food and portion	Fibre (g)	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			
Total			

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