

FIBER FOOD CHECKLIST

A simple guide to reviewing fiber-rich foods you already eat and discovering foods you may want to include.

How to use: Check foods you currently eat. Mark foods you would like to try more often, and use the writing spaces to record your usual choices. Individual tolerance varies, so this checklist is for awareness rather than prescribing a specific diet.

1. Vegetables

- | | |
|---|---|
| ☐ Broccoli | ☐ Brussels sprouts |
| ☐ Spinach | ☐ Kale |
| ☐ Collard greens | ☐ Green peas |
| ☐ Green beans | ☐ Artichokes |
| ☐ Carrots | ☐ Sweet potatoes |
| ☐ Potatoes with skin | ☐ Beets |
| ☐ Parsnips | ☐ Winter squash |
| ☐ Pumpkin | ☐ Corn |

Other foods in this group I regularly eat:

2. Fruits

- | | |
|---------------------------------------|---------------------------------------|
| ☐ Raspberries | ☐ Blackberries |
| ☐ Strawberries | ☐ Blueberries |
| ☐ Pears | ☐ Apples |
| ☐ Oranges | ☐ Kiwi |
| ☐ Bananas | ☐ Avocado |
| ☐ Figs | ☐ Prunes |
| ☐ Dates | |

Other foods in this group I regularly eat:

3. Whole Grains

- | | |
|--|---|
| ☐ Oats | ☐ Barley |
| ☐ Brown rice | ☐ Quinoa |
| ☐ Bulgur | ☐ Whole-wheat bread |
| ☐ Whole-grain pasta | ☐ Whole-grain cereal |
| ☐ Rye | ☐ Buckwheat |
| ☐ Farro | ☐ Popcorn |

Other foods in this group I regularly eat:

FIBER FOOD CHECKLIST

Plant proteins, nuts, seeds, and your personal fiber-food snapshot.

4. Beans, Peas & Lentils

- ☐ Lentils
- ☐ Black beans
- ☐ Pinto beans
- ☐ Cannellini beans
- ☐ Split peas
- ☐ Chickpeas
- ☐ Kidney beans
- ☐ Navy beans
- ☐ Lima beans
- ☐ Edamame

Other foods in this group I regularly eat:

5. Nuts

- ☐ Almonds
- ☐ Pistachios
- ☐ Peanuts
- ☐ Cashews
- ☐ Walnuts
- ☐ Pecans
- ☐ Hazelnuts

Other foods in this group I regularly eat:

6. Seeds

- ☐ Chia seeds
- ☐ Pumpkin seeds
- ☐ Sesame seeds
- ☐ Ground flaxseed
- ☐ Sunflower seeds
- ☐ Hemp seeds

Other foods in this group I regularly eat:

7. My Fiber Variety Snapshot

Food Group	Foods I Currently Eat	Foods I'd Like to Try
Vegetables		
Fruits		
Whole grains		
Beans & lentils		
Nuts		
Seeds		

Foods I want to eat more often:

Foods that seem to work well for my digestion:

Foods I may want to observe because they sometimes cause discomfort:

A note about increasing fiber: Increase fiber gradually rather than making a large change overnight. Adequate fluid intake is also important. Some people with digestive conditions may need individualized advice about the type and amount of fiber they consume. If increasing fiber consistently worsens bloating, pain, constipation, diarrhea, or other symptoms, discuss it with a qualified healthcare professional.

Important: This checklist is for educational and personal tracking purposes only. It is not intended to diagnose or treat digestive conditions or replace individualized medical or nutrition advice. Free for personal and educational use.