

## 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 and see if you are receiving the U.S. Surgeon General's recommended 35 grams of fiber per day or 50 to 60 grams of fiber recommended by many doctors, naturopaths, herbalists and nutritionists.

FOOD	SERVINGS	GRAMS	TOTAL
Meat	any amount	0	_____
Chicken	any amount	0	_____
Fish	any amount	0	_____
Eggs	any amount	0	_____
Dairy	any amount	0	_____
<b>GRAINS AND PASTA</b>			
Brown rice	1/2 cup	2.4	_____
White rice	1/2 cup	0.8	_____
Spaghetti	1/2 cup	2.0	_____
Couscous	1/2 cup	0.5	_____
Millet	1/2 cup	3.5	_____
Polenta	1/2 cup	2.0	_____
Quinoa	1/2 cup	5.0	_____
Tabouli	2/3 cup	1.0	_____
Tofu	1/2 block	1.0	_____
Tempeh	1/3 block	8.0	_____
<b>HOT AND COLD CEREALS</b>			
Oatmeal	1/2 cup	7.7	_____
Grape Nuts	1 cup	1.8	_____
Wheathies	1 cup	2.6	_____
Multigrain	2/3 cup	4.0	_____
Millet Rice	3/4 cup	3.0	_____
Corn Flakes	3/4 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	_____
What 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 small	2.0	_____
White Tortilla	1 small	0.5	_____

FOOD	SERVING	GRAMS	TOTAL
<b>BEANS/LEGUIMES</b>			
Lentils	1/2 cup	3.7	_____
Green Peas	1/2 cup	5.7	_____
Pinto Beans	1/2 cup	2.5	_____
Split peas	1/2 cup	2.5	_____
Kidney beans	1/2 cup	5.8	_____
Lima beans	1/2 cup	4.4	_____
Green beans	1/2 cup	2.1	_____
Chick peas	1/2 cup	6.0	_____
<b>VEGETABLES</b>			
Asparagus	1/2 cup	1.0	_____
Artichoke	1 large	4.5	_____
Romaine lettuce	1 cup	2.0	_____
Carrots	1 med	1.5	_____
Broccoli	1/2 cup	2.2	_____
Cauliflower	1/2 cup	1.0	_____
Tomato	1 med	1.5	_____
Potato w/skin	1 med.	2.5	_____
Zucchini	1/2 cup	1.8	_____
Mushrooms	1/2 cup	1.5	_____
Avocado	1/2	2.8	_____
Corn on cob	1 med	5.0	_____
Spinach	1/2 cup	7.0	_____
Beets	1/2 cup	2.5	_____
Steamed Veg	large plate	6.5	_____
Tomato Sauce	1/2 cup	2.0	_____
Salsa	2 tbsp.	1.0	_____
ColeSlaw	1/2 cup	0.8	_____
Lettuce	1/2 head	0.3	_____
Sea Nori	1 sheet	1.0	_____
<b>FRUITS</b>			
Apple w/skin	1 med.	3.5	_____
Grapefruit	1/2	0.8	_____
Banana	1 med.	2.4	_____
Cantaloupe	1/4 melon	1.0	_____
Orange	1 med.	2.6	_____
Prunes	3	3.0	_____
Figs	1 med.	2.0	_____
Pears	1 med.	4.0	_____
Raspberries	1/2 cup	4.6	_____
Strawberries	1/2 cup	1.5	_____
Watermelon	1 slice	2.8	_____

**NUTS AND SEEDS**

Almonda	10	1.1	_____
Peanut butter	2 tbsp	2.0	_____
Sesame butter	2 tbsp	2.0	_____
Sunflower seeds	1 cup	2.0	_____

OTHER

Popcorn	1 cup	1.0	_____
---------	-------	-----	-------

<b>FOOD</b>	<b>SERVINGS</b>	<b>GRAMS</b>	<b>TOTAL</b>
-------------	-----------------	--------------	--------------

Corn Tortilla chip	1 oz.	2.0	_____
Potato chips	1 oz.	1.0	_____
Wheat Crackers	4	1.0	_____
Multigrain waffle	1	2.0	_____
Garden Burger	1 patty	5.0	_____
Enricfh's Lifiber	1 scoop	5.5	_____

YOUR TOTAL \_\_\_\_\_

SURGEON GENERAL RECOMMENDS 35 grams

MANY DOCTORS AND NATUROPATHS  
RECOMMEND 50 grams