# **Fibre tracker**

## Adults are recommended to have 30g of fibre each day. Do you? Track your fibre for a day and find out!

|  |  |  |  |
| --- | --- | --- | --- |
| Occasion | Food | Fibre per 100g | Fibre in my portion |
| Breakfast |  |  |  |
| Lunch |  |  |  |
| Evening meal |  |  |  |
| Snacks |  |  |  |

How can I find the fibre?

The fibre content of food is often found on the food label, so take a look!

No information? No food label?

Use our free nutritional analysis tool, Explore Food, to find out: [**https://bit.ly/3FiWoT2**](https://bit.ly/3FiWoT2)

You’ll just need to know the weight of the food.

My fibre total today is

**g**

Did you know…

a food is a ‘source of’ fibre if it has at least 3g fibre per 100g, and ‘high in’ fibre if it has more than 6g per 100g? Did you have any ‘high in’ fibre foods today?