



## FIBRE TRACKER

Adults are recommended to have 30g of fibre a day... do you?  
Track your fibre and find out:

### TOP TIP

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

MEAL	FOOD FIBRE PER 100G	FIBRE PER PORTION	EATEN
BREAKFAST			
LUNCH			
EVENING MEAL			
SNACKS			

**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**?

My fibre total today is:

Did you have any 'high in' fibre foods today?