

Fibre Scoring Chart

To rate your diet for fibre, pick the foods you eat at home and find your fibre score:

Score	1	2	3	
Food				Write your score here
Bread	White	Brown	Wholemeal/Granary	
Breakfast Cereal 3 times per week or more	Rarely or never eat or eat sugar coated cereal e.g. Frosties®	Cornflakes® Rice Krispies® Cheerios® Special K®	Bran Flakes® Weetabix® Shredded Wheat® Muesli® Shreddies®	
Potatoes Pasta Rice	Rarely or never eat	Eat potatoes, white rice or pasta most days	Eat potatoes in jackets, brown rice or pasta most days	
Pulses Beans Nuts	Rarely or never eat	Once a week or less	Three times a week or more	
Vegetables All kinds other than pulses, potatoes and beans	Less than once a week	1-3 times per week	Daily	
Fruit All kinds	Less than once a week	1-3 times per week	Daily	
			Your total score:	

Score Guide

0-12 Increase your fibre

13-17 Good

18 Excellent