



Fiber Builder Checklist™

Find practical ways to include more vegetables, fruit, legumes, whole grains, seeds and other fiber-rich foods in your day.

Check what you already do and choose one realistic addition. Increasing everything at once is rarely necessary.

My Fiber Foundations

- ☐ I include vegetables at one or more meals.
- ☐ I eat fruit with the skin when appropriate and enjoyable.
- ☐ I include beans, lentils or chickpeas when they work for me.
- ☐ I choose intact or minimally processed whole grains.
- ☐ I use chia, ground flax, hemp or other seeds.
- ☐ I vary my plant foods across the week.
- ☐ I increase fiber gradually rather than making a sudden jump.
- ☐ I drink enough fluid as I add more fiber.
- ☐ I pay attention to bloating, discomfort and changes in bowel habits.



Fiber-Rich Foods I Can Add

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|--|---|---|
| ☐ Leafy greens | ☐ Apple or pear | ☐ Quinoa or brown rice |
| ☐ Broccoli or cauliflower | ☐ Beans or lentils | ☐ Chia or ground flax |
| ☐ Carrots or squash | ☐ Chickpeas | ☐ Sweet potato |
| ☐ Berries | ☐ Oats or barley | ☐ Other: _____ |



Where Could I Add One?

Breakfast: _____

Lunch: _____

Dinner: _____

Snack, if needed: _____



My Gentle Fiber Goal

This week, I will add: _____

I will notice how I feel by: _____



Martine's Midlife Wellness Tip

If you are not eating much fiber now, begin with one small addition and give your digestion time to adjust.



More is not always better. Seek medical guidance for persistent constipation, significant pain, vomiting, blood in the stool or a major change in bowel habits.