

# FIBER LOG

## May 2013

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

### Fiber Challenge Instructions

Check off one  for every 5 grams of fiber you eat.

Use one or all of the following resources to determine the fiber content of the foods you eat.

- [Mayo Clinic Web site](#)
- [USDA SuperTracker](#)
- [Nutrition Facts Label](#)

**The challenge goal is to build up to 25 to 30 grams of fiber per day. Be sure to drink plenty of water!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 	3 	4 
5 	6 	7 	8 	9 	10 	11 
12 	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 	25 
26 	27 	28 	29 	30 	31 	

Submit your completed Fiber Log by **June 7** to the Wellness Coordinator

Email: [michael.difilippo@healthsmart.com](mailto:michael.difilippo@healthsmart.com), Fax: (907) 297-7365

**Remember to consult with your physician before changing your health habits. Good Luck!**