

High Fibre Diet Plan

CLIENT INFORMATION

Name: _____ DOB: _____ dd / mm / yyyy

ID: _____ BMI (if applicable): _____

Fiber RDI: g/day: _____

GOALS

Goals

FOOD GROUPS TO INCLUDE

Food Groups to Include

- ☐ Wholegrains
- ☐ Legumes
- ☐ Fruits
- ☐ Vegetables
- ☐ Nuts and Seeds

HIGH FIBER FOOD SWAPS

White bread → Wholegrain or wholewheat breads

Regular pasta (white flour) → Wholegrain pasta, or legumes such as lentils, split peas, or beans

Sugary, highly processed cereals → Whole oats, or granola with wholegrains and/or nuts

White rice → Brown rice, or wholegrains such as bulgur, quinoa, or barley

Sugary snacks → Dried fruit, dark chocolate, nuts, or seeds

Additional Notes:

Clinician Name: _____ Date: _____ dd / mm / yyyy