

FIBRE SCORING SHEET

Rate your diet for fibre by selecting the foods you eat at home and find your score.

SCORE	1	2	3	Write your score here
FOOD				
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	Corn Flakes Rice Crispies 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	
FRUITS ALL KINDS	Less than once a week	1-3 times per week	Daily	
SCORE GUIDE: 0-12: Increase your fibre 13-17: Good 18: Excellent			YOUR TOTAL SCORE:	

The Whittington Hospital NHS Trust

Chair: Steve Hitchins

Chief Executive: Siobhan Harrington