

HIGH FIBER FRUIT INTAKE TRACKER

FRUIT TYPE SERVING SIZE FIBER (G) DAILY LOG (MTWTFSS)

Raspberries 1 cup **8.0g**

Pear (with skin) 1 medium **5.5g**

Apple (with skin) 1 medium **4.5g**

Blueberries 1 cup **3.6g**

Banana 1 medium **3.1g**

Orange 1 medium **3.0g**

Strawberries 1 cup **3.0g**

Weekly Goal: _____ grams Date Range: ____ / ____ / ____