

lifelax

fibre counter

*diet and lifestyle in the
management of constipation*



how much fibre do you eat?

Use the fibre counter to add up how much fibre you eat.

1

About how many **pieces or slices per day** do you eat of the following types of bread, rolls, or chapatis?
(Choose one answer on each line)

Breads & Rolls	0	Less than 1 a day	1-2 /day	3-4 /day	5+
White bread or rolls	0	1	4	9	13

Breads & Rolls	0	Less than 1 a day	1-2 /day	3-4 /day	5+
Brown or granary bread or rolls	0	2	7	15	22

Breads & Rolls	0	Less than 1 a day	1-2 /day	3-4 /day	5+
Wholemeal bread or rolls	0	3	8	18	26

Total Bread	



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2

About how many **servings per week** do you eat of the following types of breakfast cereal or porridge? (Choose one answer on each line)

Breakfast Cereals	0	Less than 1 a week	1-2 /week	3-5 /week	6+
Sugared type: Frosties, Coco Pops, Ricicles, Sugar Puffs Rice or corn type: Corn Flakes, Rice Crispies, Special K	0	0	0	1	2

Breakfast Cereals	0	Less than 1 a week	1-2 /week	3-5 /week	6+
Porridge or Ready Brek Wheat type: Shredded Wheat, Start, Weetabix, Fruit'n Fibre, Puffed Wheat Muesli type: Alpen, Jordan's	0	1	2	5	7

Breakfast Cereals	0	Less than 1 a week	1-2 /week	3-5 /week	6+
Bran type: All-Bran, Bran Flakes, Country Bran	0	2	5	12	18

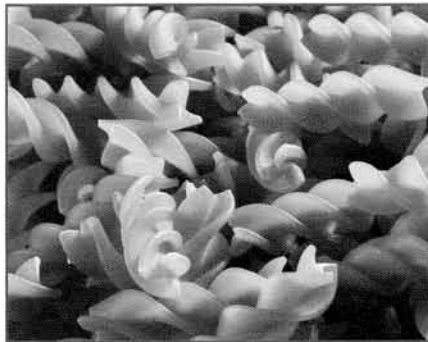
Total Cereal	

3

About how many **servings per week** do you eat of the following foods? (Choose one answer on each line)

Vegetable foods	0	Less than 1 a week	1-2 / week	3-5 / week	6-7 / week	8-11 / week	12+
Pasta or rice	0	0	1	3	4	6	8

Vegetable foods	0	Less than 1 a week	1-2 / week	3-5 / week	6-7 / week	8-11 / week	12+
Potatoes	0	0	1	3	5	8	10



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Vegetable foods	0	Less than 1 a week	1-2 / week	3-5 / week	6-7 / week	8-11 / week	12+
Peas	1	1	3	8	12	16	24



Vegetable foods	0	Less than 1 a week	1-2 / week	3-5 / week	6-7 / week	8-11 / week	12+
Beans (baked, tinned, or dried) or lentils	1	1	4	10	15	20	30

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Vegetable foods	0	Less than 1 a week	1-2 / week	3-5 / week	6-7 / week	8-11 / week	12+
Fruit (fresh, frozen, or canned)	0	0	1	3	5	8	10

Vegetable foods	0	Less than 1 a week	1-2 / week	3-5 / week	6-7 / week	8-11 / week	12+
Other vegetables (any type)	0	0	1	2	3	5	6



Total Vegetables	

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Add totals together: _____

		Less than 30	=	Low fibre intake			Total
	Fibre Rating	30 to 40	=	Medium fibre intake			
		More than 40	=	High fibre intake			

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Remember you can help your constipation by:

- Being more active: remember to drink more.
- Drinking plenty of fluid: about 8-10 cups per day – try soft drinks and not too much strong tea or coffee.
- Eating more fibre rich foods such as wholegrain breads, cereals and porridge: remember to drink plenty.



- Eating more fruit and vegetables.
- Listening to your body: go to the toilet when it tells you to and leave enough time for toileting.

You may find you have some bloating and wind at first – but as your bowel becomes used to the extra fibre this will settle down.

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