

Appendix D: Daily Fibre & Plant Diversity Tracker

Supporting Step 4 of the Gut Rhythm Starter Plan: Right Kind of Fibre

This tracker helps you increase fibre slowly, strategically, and sustainably — while supporting diversity, monitoring tolerance, and building gut confidence. Use it daily as you integrate the tools from Step 4.

Fibre Intake by Category

Track estimated grams of fibre from each group below:

Directions: Write total grams per day in the sections provided.	M	T	W	T	F	S	S
Fruit (e.g., kiwi, banana, apple)							
Vegetables (e.g., carrots, zucchini, greens)							
Grains (e.g., oats, whole grain bread, quinoa)							
Nuts (e.g., almonds, walnuts)							
Seeds (e.g., chia, flax, pumpkin)							
Beans/Legumes (e.g., lentils, chickpeas)							
Resistant Starch (e.g., cooled potatoes/rice, overnight oats, green banana)							

Note: Foods high in prebiotic fibres (like garlic, onion, leeks, asparagus, artichokes, and chicory root) can cause bloating in sensitive guts — start slow and add when you're ready.

How to Estimate Fibre Intake

Tracking doesn't have to be exact — it's here to support awareness, not perfection.

- Use a tracking app like Cronometer (Canadian-friendly and accurate)
- Check nutrition labels on packaged foods
- Google common values (e.g., “fibre in ½ cup lentils”)
- Measure or estimate based on usual portions
- Focus on trends and patterns — it gets easier with practice

Fibre & Plant DIVERSITY Daily Totals

Count how many different plant foods you ate today – not how many servings, but how many unique types. Include fruits, vegetables, grains, legumes, nuts, seeds, herbs, and spices.

Why it matters:

More plant variety = a more diverse microbiome = better gut resilience.

Long-term goal: 25–30 different plants per week

But don't stress if you're not there yet. Focus on building variety over time as your gut allows.

	M	T	W	T	F	S	S
Total Fibre Intake Today							
Plant Diversity Count Today							

Fibre Troubleshooting: Self-Check Reflection

If you're feeling bloated, backed up, or unsure if things are working – pause and reflect.

Check off what you've accounted for. Anything left blank may be worth revisiting with curiosity, not judgment.

- I started low and increased fibre slowly (2–5g/day max to start)
- I'm spreading fibre out over meals/snacks – not loading it into one sitting
- I'm choosing mostly cooked, blended, or peeled veg (vs. raw, rough veg)
if my fibre intake was low (less than 15 g/day) to start OR if my gut is in a “flare up”
- I've paused on high-insoluble fibre foods (like raw kale, cabbage, celery, corn, almonds with skin, popcorn)
- I've checked my supplements, store-bought beverages & packaged foods to avoid prebiotic powders (like inulin, FOS, chicory) for now
- I've made sure I'm not layering fibre on top of a backed-up bowel (if still feeling backed up, I'm going to re-evaluate my clear out strategy)
- I'm eating slowly, seated, and not in a rushed or distracted state
- I'm not under-eating or over-restricting out of food fear
- I've started to gently reintroduce more plant variety (not just sticking to 5 “safe” foods)

Context is Everything

This isn't about perfection.

If something isn't checked off — that's not failure. It's feedback.

When we understand what's happening, we can **adjust thoughtfully, accept our current limits, and slowly expand them** over time.

Setbacks don't mean you're doing it wrong — they're part of the rhythm.

Daily Check-Ins

Meal & Hydration Check	M	T	W	T	F	S	S
Drank 1.5–2.5L water							
Ate 3–5 meals (spaced 3–5 hours)							
Avoided skipping meals							

Reactions or Symptoms Today	M	T	W	T	F	S	S
Bloating							
Gas							
Cramping							
Urgency							
Pain/discomfort							

Notes on reactions or patterns:

Daily Reflection

What fibres or foods felt well-tolerated today?

What caused symptoms or may need adjusting?

Wins surprises, or foods you enjoyed adding?



Gentle Reminder

This is the real work of **Step 4: Right Kind of Fibre.**

When introducing new fibre-rich foods, **start low and go slow.**

Some bloating or gas is normal — it often means your gut bacteria are shifting and expanding, which is a good thing.

Over time, you'll build a more robust microbiome, improve motility, and feel more confident and free with food again.

You're not behind. You're building rhythm. Keep going.