

Fibre Scoring Sheet

Patient Information

Rate your diet for fibre

Pick the foods you eat at home and find your score:

SCORE	1	2	3	
Food				Write your score here
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 Rice Pasta	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	
Fruit All kinds	Less than once a week	1-3 times per week	Daily	
Your total score:				

Score Guide

0 - 12 Increase your fibre
13-17 Good
18 Excellent

Working in partnership
Great Western Hospitals NHS Foundation Trust
Royal United Hospitals Bath NHS Foundation Trust
Salisbury NHS Foundation Trust

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Safeguarding

Wiltshire Health and Care (WHC) are committed to safeguarding and promoting the welfare of children, young people and adults at risk of abuse, including victims and survivors of domestic abuse. We expect all WHC staff to share this commitment and promote safeguarding by implementing WHC policies and procedures, act promptly on concerns and share information appropriately.

If you or your carer have any concerns regarding a child or adult's safety, please phone Wiltshire Safeguarding Team on 0300 456 0111 (Adult) or 0300 456 0108 (Child) (9am – 5pm Monday - Friday) or please call 999 if you feel they are in immediate danger.

Patient Advice and Liaison Service (PALS)

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 123 7797 and whc.pals@nhs.net

Patient and Public Involvement

We value your opinions which will help us to further develop our services.

If you wish to provide feedback or get involved in our patient participation groups, please email the Patient and Public Involvement Officer at ask.wiltshirehealthandcare@nhs.net or telephone 01249 454386.