

Fiber Variety Weekly Builder

Use this sheet to widen fiber categories gradually instead of stacking too many new fermentable foods in one day.

Weekly Categories to Rotate

- oats or barley
- legumes in a tolerated portion
- fruit from more than one family
- vegetables from more than one family
- seeds or nuts if tolerated
- cooked-and-cooled starches

Simple Planning Rules

1. Add one new category before increasing portion size.
2. Repeat tolerated foods before adding another experiment.
3. Watch meal context, not just the food in isolation.
4. If symptoms rise, simplify first rather than forcing more variety.

Notes to Track

- foods added this week:
- portion size:
- meal context:
- bloating or fullness:
- stool pattern:
- keep, reduce, or pause:

Bottom Line

Variety works best as a slower pattern built across the week. The goal is not to prove discipline. The goal is to find a broader pattern your gut can actually live with.