

Fiber Pattern Mistake Checklist

Use this before deciding that fiber itself failed.

Quick Audit

- Did I increase fiber from a low baseline too quickly?
- Did I add more than one new fiber food, bar, powder, or supplement at once?
- Am I relying on one cereal, one bar, or one powder for most of the increase?
- Did I add fiber without also checking fluids and meal rhythm?
- Did I choose a rapidly fermentable ingredient even though bloating was already active?
- Did I track stool pattern, fullness, gas, and pain for long enough to learn from the change?

Better Next Move

Choose one:

- Add one familiar fiber food in a small portion.
- Spread fiber across meals instead of one late-day load.
- Swap one refined grain for a whole-grain option you tolerate.
- Pause concentrated add-ins and test food-first options.
- Use a symptom-fit fiber guide before escalating dose.

Stop and Reassess

Get medical advice if symptoms are severe, persistent, worsening, or come with bleeding, black stools, vomiting, unexplained weight loss, severe constipation, or inability to pass stool or gas.