

Fermentable Fiber Tolerance Tracker

Use this when testing fiber changes more slowly and more clearly.

What to Log

- food or ingredient tested
- amount or serving size
- meal context
- other fermentable foods in the same meal
- bowel pattern that day
- stress, rush, or travel context

Symptom Check

- gas stayed manageable
- fullness increased
- visible distension increased
- abdominal pressure increased
- stool pattern changed
- the response settled or stayed loud

Interpretation Notes

- did the problem look like dose?
- did the problem look like meal stacking?
- did the problem look like a concentrated ingredient rather than a whole food?
- did constipation overlap seem to amplify the result?

Quick Read

The goal is not to prove that fiber is good or bad. The goal is to notice which fermentable inputs fit your current gut and which ones create more noise than value.