

COMPANION KIT · CHAPTER 9

My Fibre & Plants Toolkit

A 4-week plan, a practical checklist and a daily diary for fibre and plants, with a fibre-tolerance ladder and a page to review how it went. Print it, or fill it in on screen.

Start

Read the safety notes on the first page.

Track

Follow the plan and fill in the diary each day.

Review

Use the last page to decide what to do next.

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My Fibre & Plants Toolkit

For adults. General information and diary pages to use alongside advice from your own doctor, nurse or pharmacist. Never stop or change a prescribed medicine without the prescriber's agreement. Read the safety page before using this workbook.

CHECK BEFORE ADDING FIBRE

A narrowed bowel, past blockage, gastroparesis or swallowing/throat problems need individual doctor/dietitian advice before fibre changes or psyllium.

GET HELP FOR CONCERNING SYMPTOMS

Blood/black stool, unexplained weight loss, persistent pain, vomiting or new persistent bowel changes need assessment. Sudden severe pain, major bleeding or collapse are emergencies.

IF USING PSYLLIUM

Follow the product's own dose, water and medicine-spacing instructions; ask a pharmacist. Do not swallow it dry or take it immediately before lying down. Pain with nausea/vomiting needs urgent advice; severe allergy needs emergency help.

ABOUT THE 30 PLANTS

Build gradually and back down if symptoms persist. Thirty plants is an early-evidence idea, not a pass/fail prescription. The book's plant-point system is an informal tool, not a microbiome measurement. IBS may need different choices.

My main question / professional already involved

A 4-week plan

HOW TO USE THIS PLAN

Choose the steps that suit you. You do not need to do all of them.

Week 1 · Find your starting point

Keep a three-day food record. Add one tolerated fibre food and begin a unique-plant register. No need to reach thirty immediately.

Week 2 · Make one meal easier

Try small tolerable portions of beans/lentils if suitable. Keep fluids appropriate to your care plan and increase gradually rather than adding many powders.

Week 3 · Use everyday staples

Try a wholegrain swap or a small amount of seeds if tolerated. Use affordable frozen, tinned or dried plants. Symptom-specific advice takes priority.

Week 4 · Review variety and comfort

Add a few plants only if comfortable. Review bowel pattern and bloating, keep useful habits and slow down if worse. Plant totals do not diagnose gut health.

The one step I choose first

Review date and who I will contact if needed

My practical checklist

Tick what you have done and note what to do next.

- [ ] I know roughly how much fibre I eat now
- [ ] If using fibre or psyllium, I have confirmed suitability, dose, water and medicine-spacing instructions with the leaflet or pharmacist, and will build gradually.
- [ ] I drink an extra glass of water with fibre-rich meals
- [ ] I eat beans or lentils most days
- [ ] I choose wholegrain bread, rice or pasta
- [ ] I keep frozen vegetables and fruit in the freezer
- [ ] I count my plant points each week
- [ ] I keep a tracker and reviewed it at the end of week 4

One question this checklist raised

My repeatable diary

Print a fresh page whenever you need one.

Today

Date and week of the plan

Fibre foods eaten

New plants today (plant points)

Fluids (glasses)

Bowel movements: number and Bristol type (1-2 hard, 3-4 comfortable, 5-7 loose)

Wind or bloating score (0 to 10)

Notes: which foods suit me, what to keep, what to ask my doctor

This week

Plant points this week

New foods tried

Psyllium dose, if taken

Anything that made wind or bloating worse

Steps practised

Built up slowly

Extra water

Beans or lentils

Wholegrains

Fruit and vegetables

Tracker filled in

Overview · days 1–14

A short summary of your diary. Leave a gap on days you do not record.

Scores are your own notes. A pattern here cannot show a food intolerance, a medicine effect or an IBS type.

Day / date	Fibre foods / new plant	Bloating 0–10	Stool / fluids	Tolerance / notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

What helped, what was difficult, and what else might explain a change?

Overview · days 15–28

A short summary of your diary. Leave a gap on days you do not record.

Scores are your own notes. A pattern here cannot show a food intolerance, a medicine effect or an IBS type.

Day / date	Fibre foods / new plant	Bloating 0–10	Stool / fluids	Tolerance / notes
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				

What helped, what was difficult, and what else might explain a change?

My fibre-tolerance ladder

Note how your gut feels as you add fibre, one step at a time.

My three-day starting picture

Usual fibre foods, portion notes and symptoms before changing anything.

The next small food step

One food, practical amount, date and why it suits me.

Comfort and context

Wind/bloating, stool, fluids and other changes that might matter.

Keep, pause or ask

What is tolerable? What needs doctor/dietitian/pharmacist advice?

Week-four review

Sustainable foods to keep, questions and a realistic next step.

Review and next steps

Warning signs always need earlier care.

What changed, if anything?

Compare similar days and note gaps; no improvement is also useful information.

What might explain it?

Food, stress, sleep, medicines, timing and natural variation may overlap.

What I will keep or stop recording

Choose a manageable routine; stop burdensome tracking or a practice that causes distress.

What needs a professional conversation?

Questions, care contact, agreed action and follow-up date.