

## TEST YOUR FIBER KNOWLEDGE

Do you know which foods contain the most fiber?

In each set of five common foods, number them from 1 to 5, with number one having the least fiber, and number five having the most fiber, for each serving.

Whole-wheat bread	_____	Canned Green Beans	_____
Lettuce	_____	Raw Carrots	_____
Apples, with skin	_____	Eggs	_____
Roasted Breast of Chicken	_____	Raisin Bran	_____
Canned Lima Beans	_____	Watermelon	_____

Cheese	_____	White Rice	_____
Bran muffin	_____	Baked Beans	_____
Grapefruit	_____	Fish	_____
Whole-wheat spaghetti	_____	Oatmeal	_____
Canned Corn	_____	Potato with skin	_____

Wheaties	_____	Corn Flakes	_____
Shrimp	_____	Canned Kidney beans	_____
Fresh Raspberries	_____	Cottage Cheese	_____
Bagel	_____	Canned Spinach	_____
Bran Chex	_____	Macaroni	_____

Source: Bowes and Church's Food Values book was used to check fiber content.