

| Food Item   | Serving Size                  | Fiber, g |
|---|-------------------------------|----------|
| Edy's Whole Fruit Sorbet                          | 1/2 c.                        | 1        |
| Whole Wheat Pita                                  | 1                             | 3        |
| Whole Wheat Tortilla, Kansas W                    | 1                             | 4        |
| Popcorn   | 3 1/2 c.                      | 4-5      |
| Sun Chips   | 10 chips                      | 2        |
| 100% Wheat Bread*                                 | 1 slice                       | 2-3      |
| Eggo Nutrigrain Waffles**                         | 2                             | 3        |
| Healthy Choice French Bread Pi                    | 1                             | 5        |
| Oatmeal, instant                                  | 1 packet                      | 3        |
| Cheerios - multigrain or regular                  | 1 c.                          | 3        |
| Kellog's low fat Granola***                       | 1/2 c.                        | 3        |
| Grapenuts***                                      | 1/2 c.                        | 5        |
| Frosted Mini Wheats                               | 1 c.                          | 6        |
| Wheat Chex****                                    | 1 c.                          | 5        |
| Quaker Chewy Granla Bars -<br>Oatmeal Raisin      | 1                             | 1        |
| Original Wheat Thins                              | 16 crackers                   | 1        |
| Triscuits*****                                    | 7 crackers                    | 4        |
| Aunt Jemina whole wheat<br>pancake and waffle mix | 3 - 4" pancakes or<br>waffles | 3        |
| Lipton Noodles and Sauce                          | 3/4 c.                        | 3        |
| Refried Black Beans, Rosarita                     | 1/2 c.                        | 5        |
| Traditional Refried Beans, Rosar                  | 1/2 c.                        | 5        |
| Refried Beans, El Paso                            | 1/2 c.                        | 6        |
| Dried Prunes*****                                 | 5                             | 3        |
| Dried Apricots                                    | 1/4 c.                        | 3        |
| Dried Apples                                      | 1/4 c.                        | 3        |
| Raisins   | 1 1/2 oz.                     | 2        |
| Applesauce  | 4 oz. or 1/2 cup              | 2        |
| Brown Rice  | 1/2 c.                        | 2        |
| Whole Wheat Pasta                                 | 2 oz. Dry                     | 6        |
| Kidney Beans                                      | 1/2 c.                        | 6        |
| Black Beans                                       | 1/2 c.                        | 7        |

\*The key to sliced bread is that it has "100% whole wheat" on the package or has "whole wheat" listed as the first ingredient. Watch out for "enriched wheat flour, unbleached enriched wheat flour" - these are not the same!!!

\*\*Top with fresh fruit, nuts, or peanut butter

\*\*\*Both these cereals go great on top of yogurt. Make "yogurt sundaes" for a fun snack!

\*\*\*\*Wonderful in homemade party mix or trail mix

\*\*\*\*\*For a great snack, spread triscuits on plate, top each with a dollup of pizza/spaghetti sauce, top with favorite pizza toppings, sprinkle with mozzarella cheese. Microwave for 25 seconds or until cheese it melted.

\*\*\*\*\*Sunsweet makes "flavored prunes" - lemon essence and orange essence.

Presented by Hen House Markets