



Source of Fiber

Highest Fiber (> 4 gms)	High Fiber (3 gms)	Moderate Fiber (2 gm)	Low Fiber (1 gm)
1 cup Raisin Bran (8) 1 cup Frosted Mini Wheats (6) 1 cup raspberries (6) ½ cup refried beans (6) 1 cup Fruit & Fiber (5) 1 cup Shredded Wheat (5) ½ cup Grape Nuts (5) 1 cup strawberries (4) 1 med. pear (4) ½ cup lentils (4) 1 cup black beans & rice (4)	1 cup Wheaties 1 pkg. Instant Oatmeal 2/3 cup Quick Oatmeal, cooked 1 cup Toasty O's 1 med. potato with skin 1 med. sweet potato ½ cup winter squash ½ cup pumpkin 1 cup brown, long-grain rice 1 med: apple orange blueberries ½ cup: chickpeas great northern beans kidney beans navy beans pinto beans spaghetti sauce 3 cups popcorn* 1 cup Chex Mix 6 Triscuits 2 Rye Krisps	¾ cup Life or Cinnamon Life 1 cup: Cheerios Honeynut Toasty O's ½ cup carrots* peas 1 slice whole wheat bread 2 Tbs. raisins ½ cup pineapple 1 med.: nectarine kiwi fruit banana ¼ cup salsa 1 cup couscous 1 oz. peanuts* 17 Wheat Thins 2 Tbs. peanut butter 2 Fig Newtons	¾ cup Honeynut Cheerios ¾ cup AlphaBits 1 cup Corn flakes ¾ cup Fruit Loops ½ cup: tomato summer squash hash browns cauliflower green beans broccoli 1 cup White long grain rice ½ cup: applesauce cantaloupe cherries* grapes* 1 med. peach 1 flour tortilla 1 granola bar 1 oatmeal cookie 1 oz. pretzels 1 oz. Sun Chips 3 graham crackers
			

*Children under 3 years of age should avoid eating due to risk of choking.

Sample Menu

Breakfast: Frosted Mini Wheats Milk, Orange Juice Snack: Granola bar	Lunch: Peanut butter & Jelly on whole wheat bread Carrot sticks Milk Snack: Triscuits, Apple slices	Dinner: Spaghetti topped with spaghetti sauce Green beans Garlic bread Oatmeal cookie, Milk	Snack: Cheerios with milk and banana slices.
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