

## INCORPORATION OF DIETARY FIBER INTO RECIPES

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

### RECIPE USED:

### SUBSTITUTION OR ADDITION

Explain the purpose of each ingredient and identify the ingredient as to its food source and position in MyPyramid:

<u>INGREDIENT</u>	<u>FOOD SOURCE</u>	<u>MYPYRAMID FOOD GROUP</u>
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

### CONCLUSIONS: