Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rate Fiber Content**

Rate the following items based on the information found in the fiber content documents.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Food | Fiber per common serving | | | |
|  | None | Low  < 2 grams | Moderate  2-4 | High  >5 grams |
| Celery ½ cup |  |  |  |  |
| Pinto beans, canned (1/2 cup) |  |  |  |  |
| Grapes (10) |  |  |  |  |
| Pear 1med |  |  |  |  |
| Popcorn (2 cups popped) |  |  |  |  |
| Cheerios (3/4 cup) |  |  |  |  |
| Grapenuts (1/4 cup) |  |  |  |  |
| White bread (1 slice) |  |  |  |  |
| Corn (1/2 cup) |  |  |  |  |
| Broccoli from frozen(1/2 cup) |  |  |  |  |
| Applesauce (½ cup) |  |  |  |  |
| All Bran Cereal (1/2 cup) |  |  |  |  |
| Chicken (3 oz) |  |  |  |  |
| Sweet potato, baked 1 med |  |  |  |  |
| Peanuts butter, crunchy (2 T) |  |  |  |  |
| Cooked oatmeal (1/2 cup) |  |  |  |  |
| Orange juice (8 oz) |  |  |  |  |
| Cheddar Cheese (1oz) |  |  |  |  |
| Cooked reg.spaghetti (1/3 cup) |  |  |  |  |
| Blackberries (1/2 cup) |  |  |  |  |
| WW snack crackers (5) |  |  |  |  |
| Black beans (1/2 cup) |  |  |  |  |
| Food of your choice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |

**Fiber Facts**

1. Fiber, also known as roughage or cellulose, attracts water to our intestines and moves food through the intestines faster. This helps to keep bowel movements soft in form and reduces problems related to constipation.
2. Cellulose is a non-digestible/insoluble fiber.
3. Drink plenty of liquids, otherwise fiber can slow down or even block normal bowel function.
4. The National Cancer Institute recommends 20-35 grams of daily fiber.
5. Fiber may reduce the risks of diverticulosis, colon and rectal cancer.
6. Foods high in fiber include: fruits and vegetables (especially the skins or peels), whole grains, legumes, bran cereals, dry beans, nuts, split peas and lentils.

The parts of the wheat kernel and the nutrients provided are:

* Endosperm (white inside): starch, protein
* Germ (seed): unsaturated fatty acids, “B” Vitamins, Vitamin E, iron, zinc, other trace minerals
* Bran (brown outside): fiber, vitamins, minerals
* Having all of these parts is what makes something whole grain.

