

Apple

Serving Size: 1 medium

WIN Kids - Fiber Lesson

Raisins

Serving Size: 1/2 cup

WIN Kids - Fiber Lesson

Whole-wheat Bread

Serving Size: 1 slice

WIN Kids - Fiber Lesson

Cooked White Rice

Serving Size: 3/4 cup

WIN Kids - Fiber Lesson

Popcorn

Serving Size: 1 ounce
(3 cups)

WIN Kids - Fiber Lesson

White Bread

Serving Size: 1 slice

WIN Kids - Fiber Lesson