

# Fiber Facts

Food Item	Grams of Fiber	Food Item	Grams of Fiber
1 cup chili with beans	5.5	1 cup chicken noodle soup	0.7
$\frac{1}{2}$ cup raisins	3	1 candy bar without nuts	0.8
1 cup bran-flakes cereal	7	1 cup corn-flakes cereal	0.8
1 slice whole-wheat bread	2	1 slice white bread	0.7
$\frac{3}{4}$ cup cooked brown rice	2.4	$\frac{3}{4}$ cup cooked white rice	0.4
1 medium orange	3.5	6 ounces orange juice	0.4
1 medium apple	4	6 ounces apple juice	0
2 Tablespoons peanut butter	2	2 Tablespoons cream cheese	0
1 ounce peanuts	2.2	8 animal crackers	0.2
1 bran muffin	2.5	1 cake doughnut	0.7
1 ounce popcorn (3 cups)	4.2	1 ounce corn chips	1.4
$\frac{1}{2}$ cup baked beans	6.3	$\frac{1}{2}$ cup macaroni & cheese	1.5

List 3 foods with > 3 grams of fiber:

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List 3 foods with < 1 gram of fiber:

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For ages 9 to 13 years, boys need **31** grams of fiber and girls need **26** grams of fiber each day. When you increase fiber, do it slowly and drink lots of water.

Using the list above, pick up to six foods you would eat that total the amount of fiber you need each day.



Food Item	Amount	Grams of Fiber
<b>Total Fiber</b>		