

FIBER-RICH FOODS Word Search

brown rice
bulgur
black beans
chick peas
cornmeal
fruits

graham flour
kidney beans
legumes
lentils
navy beans
nuts

oat bran
oatmeal
pearl barley
peas
pinto beans
popcorn

vegetables
wheat bran
whole oats
whole-rye flour
whole wheat



S N A E B O T N I P L E W E R K L
M B V T X O Q U T E R E Q U Y K O
G N S N A E B Y V A N W G R T I B
F D S C A Z P O U R Y L R U G D E
N H J K L S A E P L U J A S M N A
A E C I R N W O R B F R H N H E S
R F M O U B P N N A W T A A O Y S
B R U G R C C A E R D N M E I B T
T U S I O N R U B L V C F B L E U
A I K R P B M Y T E S R L K W A N
E T N E T L D E C Y T R O C S N I
H S W A E R T U A Y A I U A O S P
W H O L E R Y E F L O U R L A S D
F T R G C H I C K P E A S B H U J
K L L E N T I L S U L A E M T A O
C N V M U H I T R Y O E S D P U Y
C F O D E R B T A E H W E L O H W
S E L B A T E G E V W O G F E N I