## HOW Would You Rather Eat FIBER?



Black Beans

Serving Size: 1 cup, boiled Calories: 227, Fiber: 15 g



Serving Size: 1 cup, raw,

chopped

Calories: 52, Fiber: 3.6 g



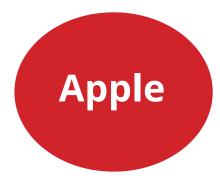
Corn

Serving Size: 1 cup Calories: 134, Fiber: 4 g





Serving Size: 3 c, air popped Calories: 92, Fiber: 3.6 g





Serving Size: 1 medium Calories: 95, Fiber: 4.4 g



Whole Wheat Spaghetti

Serving Size: 1 cup, cooked, not packed Calories: 174, Fiber: 4.6 g





Serving Size: 1 cup Calories: 62, Fiber: 7.6 g



Sweet Potatoes

Serving Size: 1 medium, baked Calories: 103, Fiber: 3.8 g











