

HOW Would You Rather Eat FIBER?



Black Beans

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

Apple



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

Carrots



Serving Size: 1 cup, raw, chopped
Calories: 52, Fiber: 3.6 g

Whole Wheat Spaghetti



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



Corn

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

Blackberries



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

Popcorn



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

Sweet Potatoes



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

