



Test Your Fiber Knowledge

Is celery high in fiber ?
 Do potatoes lose fiber when they are cooked ?
 What is the fiber content of beef ?

Test your fiber knowledge by completing the quiz below. Then turn the page to find the correct answers.

Food	Dietary Fiber (per serving)			
	high (> 5 grams)	moderate (2-4 grams)	low (< 2 grams)	none
Celery (one stalk)				
One baked potato with skin				
Kidney beans (1/2 cup)	_____	_____		
Grapes (1/2 cup)				
Beef (3 ounces)	_____	_____		
One pear				
Popcorn (2 cups popped)				
Oat bran cold cereal (2/3 cup)				
Grapenuts (1/4 cup)				
White bread (1 slice)				

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