



### Answers to the Fiber Knowledge Quiz:

**Celery: low**

Celery is a fiber fooler. Crunchy does not always mean high in fiber. One stalk of celery provides only 0.4 grams of dietary fiber.

**Baked potato with skin: high**

One baked potato with the skin provides about 5 grams of dietary fiber. Cooking the potato does not decrease the fiber content.

**Kidney beans: high**

Kidney beans and other dried peas and beans are high in fiber. One half cup serving of cooked kidney beans provides about 6 grams of dietary fiber.

**Grapes: low**

Grapes, in comparison to other fruits, do not provide much fiber. One half cup only contains 0.7 grams of dietary fiber.

**Beef: none**

Meat does not provide any fiber. Fiber only comes from plant foods. Don't confuse fibrous tendons with dietary fiber.

**Pear: moderate to high**

Pears are the highest in fiber among fruits. Pears range from 4.0 - 5.6 grams of dietary fiber depending on the variety.

**Popcorn: low**

Popcorn is another fiber fooler. Two cups of popped popcorn provides only 0.8 grams of dietary fiber.

**Oat bran cold cereal: moderate**

Don't be fooled by the label on the box of oat bran cereal. A serving of cereal that contains, for example, 13 grams of oat bran, actually only provides 3 grams of dietary fiber. Oat bran is not all fiber.

**Grapenuts: low**

Another crunchy fiber fooler. Grapenuts provide about 1.4 grams of dietary fiber per 1/4 cup.

**White bread: low**

The fiber content in white bread is very low, providing only 0.7 grams per slice. In comparison, whole wheat bread provides 2.8 grams of fiber per slice.

**ALTHOUGH SOME FOODS ARE LOW IN FIBER, THEY SHOULD NOT BE EXCLUDED FROM THE DIET. IT IS IMPORTANT TO EAT A VARIETY OF FOODS IN ORDER TO OBTAIN ALL OF THE NUTRIENTS WE NEED.**

Nutrient Analysis: Nutritionist 3, Version 4.0, N-Square Computing, 3040 Commercial St. SE, Suite 240, Salem, OR 97302, 1988.