



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.