

Name: _____

Date: _____

Foods with Fiber!

N A L M O N D S R N N B Z F L F O
Q K U Z S T R A W B E R R I E S Q
G B S W Q B Z W Y V I O Y J O O D
R R A H Z H F I K N I C X O L O B
S O G E M H L B V Q R C Q Z X P E
B W Z A D B A N A N A O D N R E A
L N U T C A N Z D I J L G Z F A N
A R A P S S H K X Q M I P G L S S
C I V A E Y S W P S L R H S T Q P
K C O S N M W H E A T B R E A D H
B E C T L Q S W E E T P O T A T O
E A A A O A T M E A L U F O J C E
R O D O C A R R O T S L P X X E R
R A O U P M U A P O P C O R N L Y
I R M R F L R J C C X O R A N G E
E R B A P P L E K A A L U T M T E
S S V L P A P E A R V V K V Q W O

sweet potato
wheat bread
avocado
orange
peas

strawberries
brown rice
oatmeal
banana
pear

blackberries
broccoli
almonds
apple

wheat pasta
carrots
popcorn
beans