|  |  |
| --- | --- |
| 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 pasta       strawberries       carrots       avocado       blackberries       broccoli       peas       oatmeal       orange       banana       almonds       pear       apple       brown rice       popcorn       wheat bread       beans