



Get More Fiber Worksheet

High-Fiber Breakfast

My Usual Breakfast	High-Fiber Version
<u>Example: cornflakes, milk</u> _____	<u>Shredded wheat, milk,</u> <u>frozen raspberries</u> _____
<u>Your meal here!</u> _____ _____ _____ _____	_____ _____ _____ _____

High-Fiber Lunch

My Usual Lunch	High-Fiber Lunch
<u>Example: Turkey</u> <u>sandwich, chips</u> _____	<u>Turkey on whole-grain</u> <u>bread, baby carrots, 12</u> <u>almonds, apple</u> _____
<u>Your meal here!</u> _____ _____ _____ _____	_____ _____ _____ _____



High-Fiber Dinner

My Usual Dinner	High-Fiber Dinner
<u>Example: chicken, rice,</u> <u>chocolate cake</u>	<u>Chicken, brown rice,</u> <u>broccoli, 1/2 chocolate</u> <u>cake, 1/2 banana</u>
<u>Your meal here!</u> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

High-Fiber Snacks

My Usual Snacks	High-Fiber Versions
<u>Example: Pretzels and</u> <u>cheese</u>	<u>Popcorn and cheese</u>
<u>Your snacks here!</u> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>