

Fiber Power



Color the box for every serving of whole grains eaten

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Grains 1							
Whole Grains 2							
Whole Grains 3							
Whole Grains 4+							

Here are some of the foods that will help you have fiber power: oatmeal, whole wheat pasta, whole wheat tortillas, brown rice



List your favorite whole grains: _____