

Fiber Fun!

Name: _____

Date: _____

1. How much fiber do I need every day?

I am _____ years old + 5 = _____ grams (g) of fiber.

2. Based on the answer from question one, pick different fruit and vegetables that you would eat from the tables below that add up to the number of grams of fiber you need every day. *For example:*

I am 10 years old + 5 = 15 grams of fiber.

-1 small pear =	<u>4.3 g</u>
-1 medium sweet potato =	<u>3.9 g</u>
- ½ cup cooked spinach=	<u>3.5 g</u>
-1 medium banana =	<u>3.1 g</u>
Total:	14.8 g (round to 15)

Fruit	Fiber (g)
1 small pear	4.3
½ cup raspberries	4.0
1 cup strawberries	4.0
½ cup blackberries	3.8
½ cup dried plums	3.8
¼ cup dried figs	3.7
¼ cup dates	3.6
½ cup pumpkin	3.6
1 medium apple	3.3
1 medium banana	3.1
1 medium orange	3.1
1 medium guava	3.0

Vegetables	Fiber (g)
½ cup cooked split peas	8.1
1 baked sweet potato	4.8
½ cup cooked green peas	4.4
½ cup, mixed vegetables	4.0
1 medium sweet potato	3.9
1 medium baked potato	3.8
½ cup cooked spinach	3.5
½ cup Brussels sprouts	3.2
½ cup winter squash	2.9
½ cup cooked broccoli	2.8
½ cup collards	2.7
½ cup cooked peas	2.5

Fruit or Vegetable name:

TOTAL

of Dietary Fiber (g)

+ _____
= _____