Fiber Power

Color the box for every serving of whole grains eaten

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Grains							
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Whole Grains 华 ÷	BROWN RICE	BROWN RICE	BROWN RICE	BROWN RICE	BROWN RICE	BROWN RICE	BROWN RICE

Here are some of the foods that will help you have fiber power: oatmeal, whole wheat pasta, whole wheat tortillas, brown rice $\frac{1}{2}$



List your favorite whole grains:

