

Fill up on Fibre activity – ANSWER SHEET

Answers will vary. Below are suggested changes.

Breakfast

1 cup of orange juice

1 white toast

2 eggs

Snack

1 small bag of pretzels

Lunch

Turkey sandwich

(Turkey, white bread, slice of cheese)

1 ounce of almonds

Chocolate bar

Dinner

Bean burrito

(White flour tortilla, black beans, white rice, and cheese)

Glass of 1% milk

Dessert

Vanilla ice cream

High fibre substitution:

Whole fruit

Whole grain toast

Baby carrots

Use whole grain bread

Include vegetables

Dried fruit or nuts

Use brown rice & veggies

Use whole grain tortilla

Yogurt with ground flax seed, dried fruit or nuts