

Fill up on Fibre activity

Directions:

- 1) Below is a sample meal plan. Pass a copy of this form to each participant.
- 2) Have the participants to make changes to each of the foods listed by replacing low-fiber foods with high-fiber foods.
- 3) Ask the participants share their answers with the group.
- 4) You can ask the participants to work in pairs if they prefer.

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:
