

## Rate Your Fiber Fitness

### Activity 1

Now answer truthfully...

Mark the box which best describes how you eat.

	Most of the time	Some of the time	Never
1. I eat breads and crackers made with whole grains.			
2. I eat whole, fresh or frozen fruits with skins.			
3. I eat starchy vegetables like potatoes, corn and peas.			
4. I eat fiber-rich cereals.			
5. I use dry beans, peas or legumes as side dishes or instead of meat in hot dishes.			
6. I include pasta or brown rice in meals.			
7. I eat whole, fresh or frozen vegetables with skins.			
8. I eat popcorn or fresh fruit for a snack instead of chips or pretzels.			
<b>Total Number Checked</b>			

#### How Did You Do?

Add the number of boxes you checked in each column to Rate Your Fiber Fitness.

**Most of the Time:** You have a bumper crop! If you checked 5 or more answers in the first column, you are making smart fiber choices. **Keep up the good work!**

**Some of the Time:** Your harvest is near. If you checked most answers in the second column, you are on your way to Fiber Fitness. **Read on and learn more ways to add fiber to your diet.**

**Never:** Sorry, crop rained out. If you checked most answers in the last column, you need to eat more foods high in fiber. **Read on and find out how to become fiber fit!**

### Activity 2

Choose recipes from The Right Bite Curriculum to demonstrate.

Prepared by:

Easter H. Tucker, Associate Professor - Family and Consumer Sciences, University of Arkansas Division of Agriculture, Cooperative Extension Service. [etucker@uaex.edu](mailto:etucker@uaex.edu).

Teresa Henson, Family and Consumer Sciences Technician, University of Arkansas Division of Agriculture, Cooperative Extension Service. [thenson@uaex.edu](mailto:thenson@uaex.edu).