



Fiber Line Up Answers

White Bread	___.6__	__66__
Orange	__3.1__	__69__
Wheat Bread	___9__	__66__
Raisins (2 Tbsp)	__1.0__	__84__
Popcorn (3 cup)	__2.4__	__105__
Bran Cereal	__2.6__	__201__
Raspberries	__8.0__	__64__
Orange Juice	___6__	__84__
Yam	__2.7__	__79__
Kidney Beans	__8.2__	__109__
Broccoli (cooked)	__5.2__	__44__
Broccoli (raw)	__2.4__	__31__
Oatmeal	__3.7__	__129__
Almonds (1oz)	__3.3__	__164__

Wyoming SNAP is a coalition of the University of Wyoming, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health. For more information visit:
www.fns.usda.gov/oane/SNAP/Wyoming.htm or call 307-766-5375.

