Fiber Line Up

	Fiber	Calories
White Bread (1 slice)	_____	_____
Orange (small)	_____	_____
Wheat Bread (1 slice)	_____	_____
Raisins (2 Tbsp)	_____	_____
Popcorn (3 cups)	_____	_____
Bran Cereal (1/2 cup)	_____	_____
Raspberries (8 oz.)	_____	_____
Orange Juice (6 oz.)	_____	_____
Yam (1/2 cup)	_____	_____
Kidney Beans (1/2 cup)	_____	_____
Broccoli (1/2 cup cooked)	_____	_____
Broccoli (1 cup raw)	_____	_____
Oatmeal (1 cup)	_____	_____
Almonds (1 oz)	_____	_____

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.

SNAP State Nutrition Action Plans