

## Menu Sample for a Good Fiber Day

FOOD	AMOUNT	FIBER GRAMS
<b>Breakfast</b>		
40% Bran Flakes	½ c	10
Fresh Blackberries	1 c	8
1% Milk	1 c	0
Wheat Bran Toast	1 slice	2
Chunky Peanut Butter	2 tsp	1
<b>Lunch</b>		
Rye Bread	2 sl	2
Grilled Chicken Breast	3 oz	0
Tomato Slices	1/2 whole	1
Raw Spinach Leaf	5 leaves	2
Black Bean Salad	1 cup	14
<b>Snack</b>		
Fresh Strawberries	1 cup	4
Low fat Vanilla Yogurt	1 cup	0
Almonds	12 each	2
<b>Dinner</b>		
Grilled Salmon	6 oz	0
Corn on the Cob	lg ear (9 oz.)	7
Butter	1 t	0
Steamed Broccoli	1 1/2 cup	7
Fresh Blueberries	1 cup	2
<b>Total</b>		<b>62</b>

**Approximately:  
2070 Calories**

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