

Name: \_\_\_\_\_

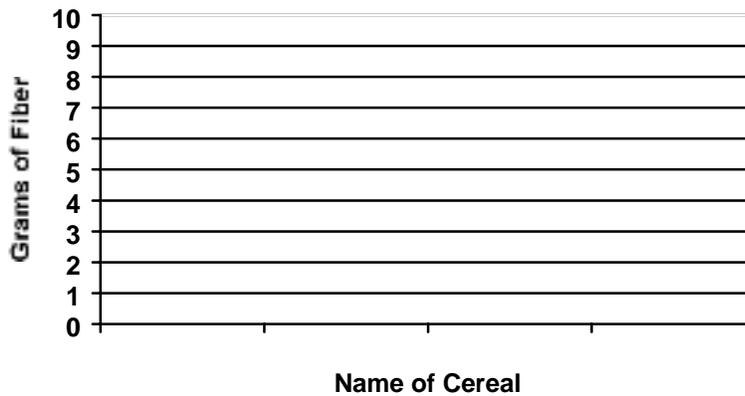
# Fiber in Cereal

Using three cereal labels, answer the following questions:

1. Fill in the spaces for 3 cereals:

	<u>Name of Cereal</u>	<u>First Ingredient</u>	<u>Fiber in 1 Serving</u>	<u>Serving Size</u>
A.	_____	_____	_____	_____
B.	_____	_____	_____	_____
C.	_____	_____	_____	_____

2. Make a bar graph that shows the fiber in the three cereals.



3. Which cereal (or cereals) has the most fiber?

4. Which cereal (or cereals) has the least fiber?

5. Which cereal has a whole grain listed as the first ingredient?

6. Which cereal has sugar listed as the first ingredient?
  
7. How much fiber is in one serving of cereal with a whole grain as the first ingredient?
  
8. How much fiber is in one serving of cereal with sugar as the first ingredient?
  
9. If you eat 2 cups of cereal with a whole grain as the first ingredient, how many grams of fiber will you get?
  
10. If you eat 2 cups of cereal with sugar as the first ingredient, how many grams of fiber will you get?

**Note:** Cereals with whole grains listed as the first ingredient have more fiber. Look for cereals with these listed as the first ingredient:

- Whole wheat
- Whole barley
- Whole oats
- Whole rye
- Whole cornmeal
- Cracked wheat
- Graham flour
- Brown rice