






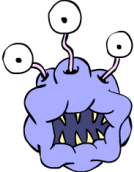

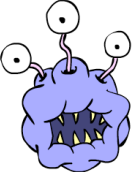
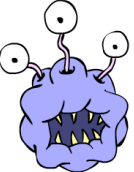
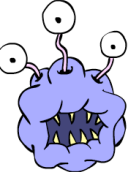
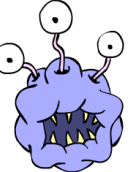
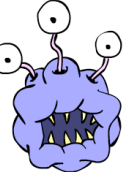










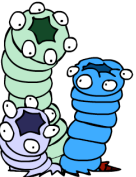





Fiber Power

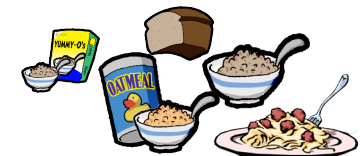


Even the Pyramid Monsters know you gotta have fiber to have power

Color the box for every serving of whole grains eaten

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Grains 1							
Whole Grains 2							
Whole Grains 3							
Whole Grains 4+							

Here are some of the foods that will help you have fiber power: oatmeal, whole wheat pasta, whole wheat tortillas, brown rice



List your favorite whole grains: _____