

Fiber Fandango Activity / Primary Elementary

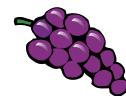
As you know, Peri wants to make sure that kids get enough fiber in their diet. Her new song, *Keep it Moving*, has become quite a big hit. There is even going to be a billboard in New York City's Times Square! Below are some of Peri's favorite high-fiber foods. Help design a high-fiber message for the billboard that is colorful and exciting. Use as many of the foods below as you would like.

"Keep it Moving"



Peri Stolic®

Eat high-fiber foods!





Peri Stolic®

Peri has listed several high-fiber foods below. Each time you eat one of these foods or any other high-fiber food, circle a picture of Peri for that day. Ask an adult you live with to help you keep track of your good choices.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

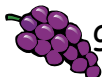
Some high-fiber foods:



peas



bananas



grapes



baked potato



oatmeal



watermelon



pineapple



corn



raisin bran or whole grain cereal



whole grain toast



broccoli



tomato



pear



low-fat popcorn



lemon



cherries



carrot



low-fat bran muffin