



## Comparing Whole Grain Foods and Enriched Foods

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

1. For breakfast one week Dan ate one serving of cereal on four of the days and two slices of toast on three of the days. How many grams of fiber did Dan eat if he only ate enriched grains?
2. For breakfast one week Dan ate one serving of cereal on four of the days and two slices of toast on three of the days. How many grams of fiber did Dan eat if he only ate whole grains?
3. For lunch one week Sue had a sandwich each day, and three days she also had a half serving of crackers. How many grams of fiber did Sue eat if she only ate enriched grains?
4. For lunch one week Sue had a sandwich each day, and three days she also had a half serving of crackers. How many grams of fiber did Sue eat if she only ate whole grains?
5. How many grams of fiber did Luis eat during dinners in one week if he ate one serving of white rice every night?
6. How many grams of fiber did Luis eat during dinners in one week if he ate one serving of brown rice every night?