

# NOVEMBER

FOODS HIGH IN FIBER

				1	Avg Nutrients Target Cals... 628 126% Fiber.. 7.1* g Calcium 322.4 mg Sugar 30.5*g 19.5%Cal Carb 107.0g 68.2%Cal T.Fat 16.9g 24.2%Cal S.Fat 7.5g 10.7%Cal
4	5	6	7	8	Avg Nutrients Target Cals... 588 118% Fiber.. 6.2* g Calcium435.5* mg Sugar 24.5*g 16.6%Cal Carb 110.0g 74.8%Cal T.Fat 10.6g 16.2%Cal S.Fat 3.1g 4.8%Cal
Nutrients Target Cals... 481 100% Fiber.. 5.7* g Calcium 346.9 mg Sugar 7.9*g 6.5%Cal Carb 85.7g 71.4%Cal T.Fat 6.7g 12.5%Cal S.Fat 2.1g 3.9%Cal	Nutrients Target Cals... 648 130% Fiber.. 6.1* g Calcium 382.4 mg Sugar 30.5*g 18.9%Cal Carb 120.0g 74.1%Cal T.Fat 13.9g 19.3%Cal S.Fat 3.5g 4.8%Cal	Nutrients Target Cals... 693 139% Fiber.. 9.0* g Calcium700.0* mg Sugar 35.2*g 20.3%Cal Carb 140.6g 81.1%Cal T.Fat 10.2g 13.3%Cal S.Fat 1.4g 1.9%Cal	Nutrients Target Cals... 574 115% Fiber.. 4.1* g Calcium385.7* mg Sugar 36.3*g 25.3%Cal Carb 119.6g 83.3%Cal T.Fat 5.1g 8.0%Cal S.Fat 1.1g 1.8%Cal	Nutrients Target Cals... 546 109% Fiber.. 6.3* g Calcium362.3* mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
11	12	13	14	15	Avg Nutrients Target Cals... 438 100% Fiber.. 3.4* g Calcium293.9* mg Sugar 12.0*g 11.0%Cal Carb 76.5g 69.9%Cal T.Fat 9.9g 20.4%Cal S.Fat 3.8g 7.9%Cal
	Nutrients Target Cals... 636 127% Fiber.. 4.1* g Calcium405.1* mg Sugar 32.0*g 20.2%Cal Carb 93.4g 72.9%Cal T.Fat 14.1g 20.0%Cal S.Fat 3.5g 4.9%Cal	Nutrients Target Cals... 503 101% Fiber.. 2.9* g Calcium314.7* mg Sugar 0.2*g 0.1%Cal Carb 93.4g 74.3%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%Cal	Nutrients Target Cals... 66 16% Fiber.. 0.3* g Calcium 93.3* mg Sugar 3.5*g 21.3%Cal Carb 12.5g 75.9%Cal T.Fat 0.5g 6.3%Cal S.Fat 0.2g 3.4%Cal	Nutrients Target Cals... 546 109% Fiber.. 6.3* g Calcium362.3* mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
18	19	20	21	22	Avg Nutrients Target Cals... 529 106% Fiber.. 4.2* g Calcium352.8* mg Sugar 13.8*g 10.5%Cal Carb 88.0g 66.6%Cal T.Fat 13.0g 22.1%Cal S.Fat 4.8g 8.2%Cal
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium376.1* mg Sugar 15.3*g 10.7%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 487 100% Fiber.. 1.1* g Calcium342.4* mg Sugar 16.1*g 13.2%Cal Carb 56.7g 46.6%Cal T.Fat 20.0g 36.9%Cal S.Fat 7.4g 13.7%Cal	Nutrients Target Cals... 554 111% Fiber.. 4.2* g Calcium319.6* mg Sugar 0.2*g 0.1%Cal Carb 107.1g 77.3%Cal T.Fat 8.3g 13.5%Cal S.Fat 4.1g 6.7%Cal	Nutrients Target Cals... 480 100% Fiber.. 5.1* g Calcium363.8* mg Sugar 25.1*g 20.9%Cal Carb 90.8g 75.7%Cal T.Fat 5.9g 11.1%Cal S.Fat 1.5g 2.8%Cal	Nutrients Target Cals... 546 109% Fiber.. 6.3* g Calcium362.3* mg Sugar 12.4*g 9.1%Cal Carb 84.3g 61.8%Cal T.Fat 17.0g 27.9%Cal S.Fat 7.5g 12.3%Cal	
25	26	27	28	29	Avg Nutrients Target Cals... 523 105% Fiber.. 5.7* g Calcium612.4* mg Sugar 7.4*g 5.7%Cal Carb 96.8g 74.1%Cal T.Fat 6.7g 11.6%Cal S.Fat 2.6g 4.4%Cal
Nutrients Target Cals... 502 100% Fiber.. 6.1* g Calcium725.4* mg Sugar 8.1*g 6.4%Cal Carb 91.6g 73.0%Cal T.Fat 6.7g 12.1%Cal S.Fat 1.5g 2.6%Cal	Nutrients Target Cals... 543 109% Fiber.. 5.2* g Calcium499.4* mg Sugar 6.7*g 4.9%Cal Carb 101.9g 75.1%Cal T.Fat 6.7g 11.2%Cal S.Fat 3.7g 6.1%Cal				

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