

Names _____

Group Color _____ Class Period _____

FIBER IN YOUR DIET QUESTIONS

After reading FIBER IN YOUR DIET handout, answer the following questions:

1. Do we digest fiber? _____ yes _____ no

2. Name the three groups on the Food Guide Pyramid that supply fiber:

3. Name the two groups on the Food Guide Pyramid that DO NOT supply fiber:

4. Name the two types of fiber: _____

5. What is one source of insoluble fiber? _____

6. What is one source of soluble fiber? _____

7. Fiber attracts _____ in the intestine and helps to speed the digestion and elimination process, thus preventing many types of _____.

8. The fiber found in beans and oats can help lower blood _____ levels.

9. Getting plenty of fiber in your diet helps to control blood _____ levels, which helps to prevent the onset of _____.

10. Fiber helps in _____ loss for several reasons:
 - a. Foods high in fiber take longer to _____ which helps slow your eating and recognize when you are _____.

 - b. High-fiber foods are less energy-dense, meaning they have fewer _____.

 - c. Unlike highly processed foods that digest quickly, high-fiber foods make you feel _____ longer.

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11. The amount of fiber recommended daily by the American Cancer Society is _____ to _____ grams.

12. Name five groups of food to focus on in order to increase your fiber intake:

13. Name five specific foods that would come from the above list:

14. List four groups of foods to avoid in order to increase your fiber intake:

15. Name four specific foods that would come from the above list:
