

Name _____

The Fantastic Fiber: Your Secret to a Healthy Diet

Short Answer

1. Explain the difference between soluble and insoluble fiber and provide an example of a food source for each type.
2. How does fiber help in weight management, according to the passage?
3. What are some examples of whole grain foods that are high in fiber?
4. Why is it recommended to eat the skin of certain fruits for added fiber content?
5. Provide one tip for gradually increasing fiber-rich foods in your diet without causing digestive discomfort.

