

Name _____

The Fantastic Fiber: Your Secret to a Healthy Diet

Short Answer Key

1. Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract, while insoluble fiber does not dissolve in water and adds bulk to stool. An example of a food source for soluble fiber is oats, and for insoluble fiber, it's whole wheat bread.
2. Fiber helps in weight management by making you feel full for longer, reducing the chances of overeating.
3. Examples of whole grain foods high in fiber include whole wheat bread, brown rice, and whole grain pasta.
4. Eating the skin of certain fruits, like apples and pears, is recommended for added fiber content because the skin is rich in insoluble fiber, which promotes regular bowel movements and prevents constipation.
5. One tip for gradually increasing fiber-rich foods in your diet without causing digestive discomfort is to increase your fiber intake slowly over a few days or weeks. This allows your digestive system to adjust.

