

Nutrition module

ACTIVITY: GET YOUR FIBER FILL

After reading the module *Fabulous Fiber*, find out what you've learned about fiber in your diet. Read the following and circle the correct response for each item.

1. **Which has more fiber?**
 - a. 1 small apple with peel
 - b. 1/2 cup applesauce
 - c. 1 small apple without peel
2. **Which bran product has the most fiber?**
 - a. 1 cup raisin bran cereal
 - b. 1/2 cup whole-bran cereal
 - c. 1 medium bran muffin
3. **Which food is a good source of soluble fiber?**
 - a. Oatmeal
 - b. Apples
 - c. Carrots
 - d. Beans
 - e. All of the above
4. **Which food is a good source of insoluble fiber?**
 - a. Whole wheat bread
 - b. Nuts
 - c. Beans
 - d. Bran
 - e. All of the above
5. **Which meal is higher in fiber?**
 - a. Apple juice
Cheese omelet
Wheat toast with margarine
Coffee
 - b. Orange
Sliced strawberries with vanilla yogurt
Instant oatmeal with milk
Coffee
6. **I do need to lose some weight, but since I'm on medication to lower my blood cholesterol and I have no problem with constipation, I don't need to be concerned about getting fiber in my diet.**
 - a. True
 - b. False
7. **It's important for me to drink plenty of water when adding more fiber to my diet.**
 - a. True
 - b. False
8. **My diet has been low in fiber for a long time, so adding lots of beans, bran, fruits and vegetables all at once is a smart way to make up for "lost time."**
 - a. True
 - b. False

1 (a); 2 (b); 3 (e); 4 (e); 5 (b); 6 (b)—Eating fiber-rich foods can benefit your health and help you control your weight; 7 (a); 8 (b)—Consuming too much fiber too fast may cause abdominal distress.

Answer Key: