

Fibre - quiz

What is dietary fibre and where do you find it? Our quick health quiz tests your knowledge about dietary fibre and tells you the answers.

1. What is dietary fibre?

- A. The sinewy parts of red meats.
- B. The indigestible parts of plants.
- C. The chewy parts of bread products.

2. How does fibre help keep the digestive system healthy?

- A. It prevents constipation by bulking up the stools.
- B. It provides essential co-enzymes to the lining of the digestive tract.
- C. It contains a special type of kilojoule needed by the digestive organs for proper functioning.

3. What are the two main categories of fibre?

- A. Simple and complex.
- B. Active and inactive.
- C. Soluble and insoluble.

4. Low fibre diets contribute to which group of disorders?

- A. Diverticulitis, diabetes mellitus and coronary heart disease.
- B. Cirrhosis of the liver, sarcoidosis and asthma.
- C. Glaucoma, diabetes insipidus and sciatica.

5. How many grams of fibre should an adult consume every day?

- A. 10 grams.
- B. 30 grams.
- C. 50 grams.

6. How can increasing the amount of fibre in your diet help you lose unwanted body fat?

- A. Fibrous foods are bulky, filling and low in fat, so you consume fewer kilojoules.
- B. Fibre binds to body fat molecules and carries them out of the body as waste.
- C. Fibre destroys dietary fat before absorption can take place in the small intestine.

7. What are some of the likely side effects of switching suddenly from a low fibre diet to a high fibre diet?

- A. Gastroenteritis and headache.
- B. Nausea and vomiting.
- C. Abdominal pain and flatulence.

8. Why is it important to drink plenty of fluids (preferably water) when eating a high fibre diet?

- A. Fibre is sticky and will adhere to the stomach wall unless it is flushed out with water.
- B. Fibre needs water in order to 'plump up' inside the gut.
- C. Water dilutes the potentially toxic by-products of fibre metabolism.

Calculate score

Your score is:

Score 0 to 2:

You know next to nothing about fibre. Have a look at this fact sheet on Fibre in food - it may help you.

Score 3 to 5:

Not bad, but you've still got a bit to learn about fibre. Have a look at this fact sheet on Fibre in food - it may help you.

Score 6 to 8:

Well done, you know a lot about fibre. Don't forget to put your knowledge into practice!

> Check the correct answers.

This page has been produced in consultation with, and approved by:

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This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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