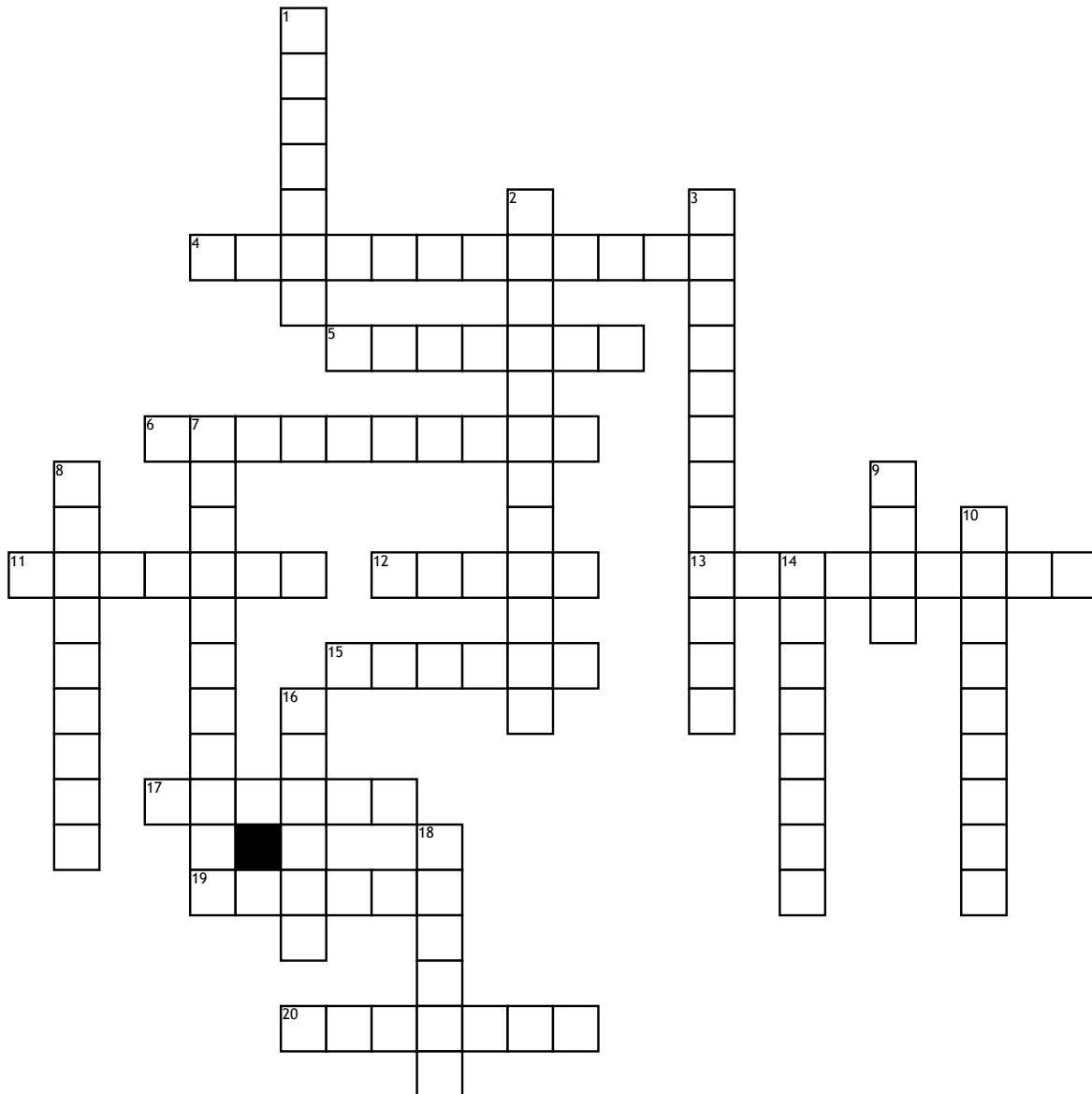


Name: _____

Date: _____

Fibre in the diet



Across

4. _____ can be a result of a low-fibre diet.
5. What fibre helps with constipation?
6. A high-fibre diet is protective against _____.
11. Fibre keeps the digestive tract.
12. The recommended amount to consume is 25-30g of _____ daily.
13. The two categories of fibre are soluble fibre and _____.

15. Fibre is made up of the indigestible parts or compounds of _____.

17. What is one disorder from a low amount of fibre?

19. Soluble fibre soaks up water like a _____.

20. Is fibre _____ for the digestive tract?

Down

1. Fibrous foods are often bulky and, therefore, _____.

2. Fibre is mainly a _____.

3. Dietary fibre is found in the _____ parts of cereals, fruits and vegetables.

7. Most _____ don't eat enough fibre.

8. To increase fibre intake eat _____ cereals containing barley and wheat.

9. Other terms for dietary fibre include _____ and roughage.

10. A sudden switch from a low-fibre diet to a high-fibre diet can create some _____ pain.

14. Irritable bowel _____.

16. Who can help?

18. Fibre is even more important for older _____.