



# Principles of Nutrition

## Dietary Fibre



How would you describe **insoluble fibre**?

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What is the role of **insoluble fibre** in the diet?

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**Dietary Fibre** is also called:

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How would you describe **soluble fibre**?

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What is the role of **soluble fibre** in the diet?

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Insoluble fibre is found in?

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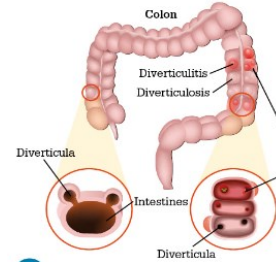
Why do we need fibre in our diet?

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DIVERTICULOSIS and DIVERTICULITIS



Soluble fibre is found in?

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A diet high in fibre will:

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A diet low in fibre will:

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The NHS recommended daily intake for dietary fibre is:

2-5 yrs.	
5-7 yrs.	
11-16 yrs.	
16 yrs. >	

**Pectin** is another form of soluble fibre?

Where can pectin be found?

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What can it be used for? .....

