

NAME: \_\_\_\_\_ SAP: \_\_\_\_\_

**Dietary Fiber Follow-Up Test – Requires passing grade of 80% for ABCs credit.**

The following information and questions were derived from The University of California Television video “Dietary Fiber: The Most Important Nutrient”, featuring presentation by Katie Ferraro, MPH, RD/LDN. **To complete the test, please select the best answer based on information shared in the video.** <https://www.youtube.com/watch?v=EtnTuTX4L24>

Circle the correct answer or fill in the blank.

1. What percentage of the world’s population is contained in countries where overweight and obesity kill more people than underweight?
  - A. 45%
  - B. 65%
  - C. 78%
  - D. 20%
2. Obese individuals can be malnourished.
  - A. True
  - B. False
3. The average American gets approximately how many grams of fiber per day?
  - A. 20-30g
  - B. 30-40g
  - C. 10-15g
  - D. 15-30g
4. What nutrient is fiber classified as?
  - A. Carbohydrate
  - B. Protein
  - C. Mineral
  - D. Fat
5. Fiber comes in the form of both polysaccharides and non-polysaccharides.
  - A. True
  - B. False
6. All of the following are polysaccharides, except: (Select all that apply.)
  - A. Hemicelluloses
  - B. Pectin
  - C. Gums
  - D. Lignin
7. Look for whole grain products that have at least \_\_\_\_\_ grams of fiber per serving.
  - A. 1g
  - B. 6g
  - C. 3g
  - D. 5g

8. This type of fiber is known to aid in the excretion of bad cholesterol from the body.
- A. Cellulose
  - B. Soluble
  - C. Insoluble
  - D. Lignin
9. Fiber from fruits and vegetables can decrease one's risk for:
- A. Down's syndrome
  - B. Lupus
  - C. Alcoholism
  - D. Colorectal cancer
10. The formula to determine net carb content is:
- A. Total Carbs less Fat
  - B. Total Carbs less Fiber
  - C. Total Carbs less Added sugars
  - D. Total Carbs Less Protein
11. Fiber aids in feelings of satiety (fullness).
- A. True
  - B. False
12. To improve heart health, it is recommended that you:
- A. Decrease soluble fiber while decreasing overall fitness
  - B. Significantly decrease soluble fiber, while increasing trans fats and saturated fats
  - C. Significantly increase soluble fiber, trans fats and saturated fats
  - D. Significantly increase soluble fiber while decreasing trans fats and saturated fats
13. On average, one should obtain \_\_\_\_ grams of fiber for every 1000 calories (kcal) consumed.
- A. 14
  - B. 20
  - C. 9
  - D. 4
14. Ensuring adequate \_\_\_\_\_ in one's diet can help relieve side effects of high fiber intake. (Select all that apply.)
- A. Protein
  - B. Vitamin C
  - C. Water
  - D. Carbohydrate
15. Which component of whole grain breads causes them to go rancid more quickly than refined grains?
- A. Bran
  - B. Fiber
  - C. Sugar
  - D. Fat

16. Diets high in red meat also tend to be low in \_\_\_\_\_?
- A. Salt
  - B. Fiber
  - C. Fat
  - D. Iron
17. White bread was once considered an elitist food.
- A. True
  - B. False
18. Peasant bread is made from refined flour.
- A. True
  - B. False
19. Brown food coloring is commonly found in which of these bread products: (Select all that apply.)
- A. Wheat
  - B. Whole wheat
  - C. Whole grain
  - D. 100% whole grain
20. Pearled barley is a whole grain and has 6 grams of fiber per 200 calorie serving.
- A. True
  - B. False
21. Dehulled barley has 10 grams of fiber per serving.
- A. True
  - B. False
22. Foods fortified with fiber, such as yogurt or ice cream bars, are not proven to decrease risks of cardiovascular disease.
- A. True
  - B. False
23. Some whole grain products are high in added \_\_\_\_\_ to make them more palatable. (Select all that apply.)
- A. Fat
  - B. Red dye
  - C. Sugar
  - D. Fiber
24. Fiber may include which of the following: (Select all that apply).
- A. Soluble
  - B. Intact
  - C. Isolated
  - D. Insoluble
25. Inulin is a fiber obtained from \_\_\_\_\_.
- A. Dandelion
  - B. Millet
  - C. Chicory root
  - D. Corn

26. It is recommended to get what percentage of grains from whole grain sources?
- A. 50%
  - B. 15%
  - C. 75%
  - D. 90%
27. Which of these types of grains is not a whole grain? (Select all that apply.)
- A. Sorghum
  - B. Durum wheat
  - C. Corn
  - D. Oats
28. Foods with higher fiber content take longer to digest.
- A. True
  - B. False
29. Insoluble fiber, found in bran, nuts, and vegetables, reduces the risk of \_\_\_\_\_.
- A. Cold sores
  - B. Skin cancer
  - C. Blood clots
  - D. Flu
30. What was the Harvard 10:1 rule referring to?
- A. Protein to carbs
  - B. Carbs to fiber
  - C. Protein to fat
  - D. Fat to fiber

**Video Evaluation:**

**1. I found the You Tube video helpful?**

Strongly agree      Agree                  Neutral                  Disagree      Strongly disagree

**2. I would like to see other online video options for *ABCs of Diabetes* continuing education?**

Strongly agree      Agree                  Neutral                  Disagree      Strongly disagree

**3. I was able to learn from this method of presentation.**

Strongly agree      Agree                  Neutral                  Disagree      Strongly disagree

**4. I learned something that I didn't already know.**

Strongly agree      Agree                  Neutral                  Disagree      Strongly disagree

**5. The information presented in this video will help me better manage my diabetes.**

Strongly agree      Agree                  Neutral                  Disagree      Strongly disagree

**6. I believe that I have the power to make changes that can have a positive impact on the course of my diabetes.**

Strongly agree      Agree                  Neutral                  Disagree      Strongly disagree