

## TOPIC: FIBER AND PHYTOCHEMICALS

### Non-nutritive Foods

◆ **Non-nutritive foods:** provide no \_\_\_\_\_, vitamins, or minerals.

► **Fiber:** Plant material (\_\_\_\_\_) that can't be digested—\_\_fiber \_\_risk of cancer & heart disease.

- Adds \_\_\_\_\_ to feces – moves more easily through the digestive tract.

- *Soluble fiber:* \_\_\_\_\_ in water and forms a viscous gel.

- *Insoluble fiber:* does not dissolve in water.



► **Phytochemicals:** \_\_\_\_\_ compounds that may be beneficial to the body but are \_\_\_\_\_ essential.

- Associated with \_\_\_\_\_ inflammation and reduced \_\_\_\_\_ risk.

- Some may work as antioxidants.

- Polyphenols, Carotenoids, Flavonoids, etc.



### EXAMPLE

Three statements about fiber are given below. Two of the statements are correct, and one is incorrect. Cross out the incorrect statement and fix the statement on the line below so it is true.

a. Fiber can be either soluble or insoluble.

b. Fiber comes from both plant and animal sources.

c. Fiber can't be digested.

**Fixed statement:** \_\_\_\_\_

### PRACTICE

Phytochemicals are best described as:

a) Non-nutritive chemicals found in plants that may have health benefits.

b) Nutrient providing plant chemicals that do not provide energy.

c) Non-digestible chemicals that add bulk to feces.

d) Plant chemicals that are used to fight cancer.