



Fiber



- ★ Is part of the plant that we cannot digest.
- ★ Can be water soluble
 - dissolves in water
- ★ Can be water insoluble
 - does not dissolve in water



Soluble fiber can help lower cholesterol and keep blood sugar levels steady.



Insoluble fiber helps keep the digestive tract healthy.

In fruits, the skin is usually insoluble fiber and the inside is soluble fiber.

Vegetables are usually insoluble fibers.



Tulare County Office of Education
Jim Vidak, County Superintendent of Schools

