



Take Charge of Your Health!

Please Complete our Health Survey on **Fiber & Water**

Name _____ Date: _____

Age group: 5-17 y 18-59 y 60+ y

Gender: F M Ethnicity: _____
(Cultural group, race, self-descriptor)

Location/Site _____

Please take a few moments and complete this short survey. Select and circle your best answer for each question.

1. Fiber comes from the parts of plants people cannot digest. T or F
2. Fiber helps prevent and relieve constipation. T or F
3. As you increase the amount of fiber in your diet, you should also increase the amount of water you drink. T or F
4. It is recommended that adults consume 25-38 grams of fiber daily. T or F
5. Fruits and vegetables are not good sources of fiber. T or F
6. You should have 6-8 glasses of water each day. T or F

Thank you for participating. We hope that the presentation gave you some useful information today.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu