



# EAT WELL FOR LIFE: WEEK 4

## GET THE FACTS ON FIBER

### WHAT IS DIETARY FIBER?

Fiber (also known as roughage or bulk) includes the parts of plant foods that the body cannot digest or absorb. Fiber is found in the skin, seeds, nuts, bran, strings and stalks of plant foods, such as grains, fruits, vegetables and dried beans. Animal foods, such as meats and dairy products, contain no fiber.

There are two different types of fiber—soluble and insoluble. Both are important for good health, proper digestion and disease prevention. Fiber also promotes fullness and satiety and is useful for weight management. Soluble fiber has been shown to lower cholesterol levels and reduce the risk for heart disease.

**Soluble fiber** slows digestion and helps the body absorb vital nutrients from foods. Soluble fiber makes the stomach contents thick and viscous, helping to promote and maintain a feeling of fullness. Good sources of soluble fiber include oats, beans and legumes, barley, apples, citrus fruits, prunes and carrots.

**Insoluble fiber** adds bulk to the stool, helping foods pass more quickly through the stomach and intestinal tract. Good sources of insoluble fiber include whole grain products, bran, nuts, seeds and stalky vegetables. The amount of each type of fiber varies in different foods. A healthy, balanced diet includes both types of fiber. Selecting a variety of high fiber grains, fruits and vegetables provides the greatest health benefits.



### DID YOU KNOW?

On average, the typical American eats only 12 grams of fiber per day.

### HOW MUCH FIBER?

The *National Academy of Sciences’ Institute of Medicine* provides the following daily recommendations for adults:

**Age 50 and less = 38 grams for men; 25 grams for women**

**Age 51 and older = 30 grams for men; 21 grams for women**

### FINDING FIBER IN FOODS

According to the *U.S. Food and Drug Administration*, a food label can state that a product is a “good source” of fiber if it contains 2.5 grams of fiber per serving. A product is “high in,” “rich in,” or an “excellent source of” fiber, if it contains 5 grams per serving.

## BENEFITS OF FIBER

- Promotes regular bowel function and aids in the treatment and prevention of constipation, hemorrhoids, irritable bowel syndrome, diverticular disease and other gastrointestinal disorders.
- Helps lower blood cholesterol levels.
- Helps control blood sugar levels.
- May help to reduce the risk of certain cancers.

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# FEEL THE FULLNESS WITH WHOLE FOODS AND FIBER



## **BENEFITS OF FIBER** *(Continued from page 1.)*

- Eating a high fiber diet can help you manage your weight.
- High fiber foods give you a feeling of fullness. They fill you up faster and keep you full for a longer period of time.
- High fiber foods tend to be less “energy dense.” They have fewer calories for the same volume of food.
- High fiber foods generally require more chewing time. This gives the body time to register when you are no longer hungry, making you less likely to overeat.



## **FITTING IN FIBER**

### **GREAT TIPS FOR FITTING IN FIBER**

- Add high fiber foods gradually. Too much at once may produce discomfort.
- Increase your fluid intake as you increase your fiber intake.
- Start your day with a high fiber breakfast cereal—at least three to five grams of fiber per serving.
- Choose a variety of fiber-rich breakfast foods, such as oatmeal, bran muffins or buckwheat pancakes. Add wheat germ or bran cereal to hot cereals, breakfast smoothies, and yogurt.
- Use 100% whole wheat breads. Look for “whole wheat flour” listed as the first ingredient.
- Keep the peels and skin on fruits and vegetables. Take advantage of newer hybrid fruits that have thinner, less bitter skins.
- Add cooked beans, peas, lentils or barley to soups, casseroles and salads. Try to eat at least 3 servings of beans or legumes a week.
- Mix dried fruit and nuts into breads, cookies, salads or other dishes.

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### **SAMPLE HIGH FIBER MENU**

#### **BREAKFAST**

1 cup raisin bran cereal	8.2 grams of fiber
1 cup skim milk	0 grams of fiber
1 medium banana	2.7 grams of fiber

#### **SNACK**

1 medium apple	3.7 grams of fiber
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#### **LUNCH**

2 slices whole wheat bread	3.8 grams of fiber
3 ounces lean turkey breast	0 grams of fiber
1 slice low-fat cheese	0 grams of fiber
2 slices tomato, 1 lettuce leaf	0 grams of fiber
½ cup vegetarian baked beans	6.3 grams of fiber
1 cup skim milk	0 grams of fiber

#### **DINNER**

3 ounces baked chicken breast	0 grams of fiber
½ cup herbed brown rice	1.8 grams of fiber
½ cup steamed broccoli spears	2.8 grams of fiber
1 cups fresh spinach salad with low fat dressing	1.6 grams of fiber

**TOTAL: 31 grams of fiber**

# FEEL THE FULLNESS WITH WHOLE FOODS AND FIBER



## WHOLE FOODS NOTHING ADDED, NOTHING REMOVED

In today's competitive food market, manufacturers continually develop new food products to bring to the marketplace to meet the demands of consumers. As the traditional family meal has been influenced by today's fast-paced society, consumers continue to ask for easy-to-prepare meals. Unfortunately, as preparation time decreases, the amount of processing tends to increase.

While most of us don't want to spend a lot of time in the kitchen, nature has provided us with a plentiful bounty of **WHOLE FOODS** for our tables that require very little preparation time. Whole foods are as "natural" as possible—unprocessed and unrefined, with nothing added and nothing removed. Examples of whole foods include: unrefined grains, fresh fruits, vegetables, natural dairy foods and lean meats. Due to the low level of processing, whole foods tend to contain more nutrients, vitamins and fiber than processed foods. They are also absorbed more slowly, providing energy over longer periods of time. Choosing whole foods is a great way to avoid sugar crashes and sugar cravings between meals.

## GREAT TIPS FOR FITTING IN FIBER

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- Strive for at least five servings of fresh fruits and vegetables daily to significantly boost your fiber intake.
- Substitute brown or wild rice for white rice. Experiment with barley, bulgur and quinoa.
- Eat whole wheat pasta and add over 5 grams of fiber per serving to your meals.
- Take advantage of ready-to-use vegetables. Mix frozen broccoli into prepared spaghetti sauce. Snack on baby carrots. Stock the freezer with diced carrots, green peppers and onions and add to recipes.



## WHOLE FOODS ALTERNATIVE

INSTEAD OF...	SERVE...
Mashed potatoes	Baked potatoes
Boiled potatoes	Baked sweet potatoes
French fries	Seasoned roasted red potatoes with skins
White rice	Brown rice, bulgur or couscous
Noodles	Whole wheat pasta
Stuffing	Barley, beans or lentils
Corn flake cereal	Old-fashioned oatmeal
Candied yams	Baked winter squash
Canned fruit	Fresh fruit
Fruit juice	Fresh or unsweetened dried fruit
Chips	Roasted nuts
Pretzels	Air-popped popcorn
Ice cream	Yogurt with fresh fruit



# FEEL THE FULLNESS WITH WHOLE FOODS AND FIBER



## PLAYING THE NUMBERS GAME ANOTHER LOOK AT THE FOOD LABEL

The *Nutrition Facts* food label provides important information for planning a balanced diet. Consider the food label like a price tag, and ask the question, “Can I afford the price?” Depending on your health goals, the various listings on the Nutrition Facts food label may be MORE or LESS important when making your food selections.

### Use these ten tips to read between the label and understand the real food facts:

- 1 **SERVING SIZE** is based on the amount of food typically consumed. Serving size is listed in common household measures or easy to understand quantities.
- 2 **SERVINGS PER CONTAINER** gives you an idea of how long the package should last.
- 3 **CALORIES** are listed for one serving of food. Use 100 calories as a baseline for comparing calories. Most healthful food choices contain about 100 calories per one serving.
- 4 **TOTAL FAT** is listed for all foods. Look for LOW-FAT foods—foods that contain three or less grams of total fat per serving.
- 5 **SATURATED AND TRANS FATS** are artery-clogging fats that raise cholesterol levels. For heart health, choose foods with a combined total of two or less grams of these fats.
- 6 **CHOLESTEROL** is found only in foods that come from animals. For heart health, strive for less than 300 milligrams (mg) of cholesterol daily.
- 7 **SODIUM** is listed in milligrams (mg). Low Sodium foods have less than 140mg per serving, and High Sodium foods have greater than 500mg per serving. For heart health and blood pressure control, strive for less than 2,000 to 3,000mg daily.
- 8 **FIBER** is listed only if foods contain fiber. For weight management and appetite control, select high fiber foods—foods that contain three grams of dietary fiber per 100 calories.
- 9 **PROTEIN** is an important nutrient for balanced meal planning and meal satiety. Strive for a three ounce portion of meat or other protein-rich food, which provides about 20 grams of protein.
- 10 **CALCIUM** helps maintain strong bones to prevent bone loss and osteoporosis. Strive for at least 1,000 milligrams (mg) of calcium daily. The label shows calcium as a percent. Add a zero to the percentage to determine the milligrams per serving (example: calcium 20% = 200mg).

Nutrition Facts			
1 Serving Size 18 Crackers (31g)			
2 Servings Per Container About 9			
Amount Per Serving			
3 <b>Calories</b> 140		Calories from Fat 50	
% Daily Value*			
4 <b>Total Fat</b> 6g			
5 Saturated Fat 1g			
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 1g			
6 <b>Cholesterol</b> 0mg			
7 <b>Sodium</b> 290mg			
<b>Total Carbohydrate</b> 21g		7%	
8 Dietary Fiber 2g			
Sugars 3g			
9 <b>Protein</b> 2g			
Vitamin A 0%		•	Vitamin C 0%
10 Calcium 20%		•	Iron 6%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## FEEL THE FULLNESS WITH WHOLE FOODS AND FIBER



### BUILDING A BETTER DIET: STEP 4

Use this tool to help you keep track of weekly key points, develop weekly goals and create a specific action plan for building a better diet to eat well for life.

#### KEY POINTS FOR WEEK 4:

1. Eat MORE fiber, weigh LESS.
2. Fiber is a great natural appetite suppressant, because it fills you up faster and keeps you fuller longer.
3. Focus on adding more “whole foods” to your diet—nothing added, nothing removed.
4. A high fiber diet has many therapeutic benefits, including cholesterol reduction, blood sugar control and digestive health.
5. Gradually add fiber to your diet to allow your digestive system to comfortably adjust.

#### GOALS FOR WEEK 4:

1. Refer back to the lifestyle changes that you need to improve (as identified on the “Are You Eating Well for Life?” introduction survey) to establish your weekly goals.
2. Read food labels and look for foods with at least 3 grams of fiber per serving.
3. Adopt two of the suggested strategies from this newsletter for adding more fiber to your diet.
4. Track your fiber intake for 3 days to see how close you come to striving for 25.
5. Continue writing entries in your Food Journal to notice any changes from week to week.
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7. \_\_\_\_\_

#### MY ACTION PLAN TO ACHIEVE THESE GOALS:

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### ACCOMPLISHMENTS & CHALLENGES:

My accomplishments this week:

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The challenges I faced this week:

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How I overcame these challenges or plan to overcome them:

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How I celebrated my success!

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## FEEL THE FULLNESS WITH WHOLE FOODS AND FIBER



### WEEK 4 RECIPES: BUTTERNUT-BROWN RICE PILAF

By happy coincidence, butternut squash and brown rice take the same amount of time to cook. So this hearty, curried pilaf is a one-pot wonder.

**1-1/2 cups peeled, diced butternut squash (about 1 small)**

**1 cup long-grain brown rice**

**1 can (14-1/2 ounces) chicken broth**

**1/4 cup water**

**3/4 teaspoon curry powder**

**1/4 pound green beans, cut into 1/4-inch pieces**

**2 tablespoons chopped fresh basil leaves**

1. In a medium saucepan, combine squash, brown rice, broth, water, and curry powder, and bring to a boil over high heat. Reduce to low, cover, and simmer 25 minutes.
2. Add green beans, stir to combine, and cook over low heat five minutes or until rice is just tender. Stir in basil. Makes 4 servings.



#### Nutritional Facts per Serving:

**223 calories, 3.3g total fat, .8g saturated fat, 1.2g monounsaturated fat, 1g polyunsaturated fat, 5g dietary fiber, 5g protein, 44g carbohydrate, 2mg cholesterol, 460mg sodium.**

#### Good Source of:

**beta-carotene**

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### FRIED BROWN RICE WITH VEGETABLES

**1 tablespoon canola oil**

**1 cup egg substitute**

**2 cloves garlic**

**1 (10-ounce) bag mixed frozen vegetables, thawed**

**1 tablespoon reduced-sodium soy sauce**

**2 cups cooked brown rice or 1 pouch microwave-ready 90-second brown rice**

**Black pepper, to taste**

Heat oil over medium-high in a large nonstick skillet coated with no-stick cooking spray. Add egg substitute and scramble to cook. Add remaining ingredients and stir-fry until heated through. Season with black pepper. Makes 4 servings.

#### Nutritional Facts per Serving:

**240 calories, 7g total fat, 1g saturated fat, 5g dietary fiber, 12g protein, 33g carbohydrate, 1mg cholesterol, 295mg sodium.**

#### Good Source of:

**fiber, riboflavin, vitamin B6, folic acid, vitamin E, magnesium**

# FOOD JOURNAL



**Directions:** Record keeping has been shown to be one of the most effective tools for lifestyle change and weight management. Keep a food journal to record your meal and snack intake. Check off the food group(s) that the food belongs to and see where you need to improve. How close do you come to achieving a balanced diet? Consider keeping a food journal throughout the entire eight-week *Eat Well for Life* campaign. Make copies of this food journal to record your daily food intake.

DATE:		GRAINS & STARCHES	MEAT, DAIRY & PROTEIN	FRUITS & VEGETABLES	ADDED FATS	EXTRAS
MY GOAL FOR TODAY:						
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						
<b>WATER</b>						
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>						
<b>7</b>						
<b>8</b>						
<b>9</b>						
<b>10</b>						