

Fitting in the Fiber

Wanda M. Koszewski, Extension Nutrition Specialist
Georgia Jones, Extension Food Specialist
Donnia E. Behrends, Extension Educator

Lesson Goal:

Participants will consume the recommended amount of dietary fiber each day by eating fiber-rich foods from MyPyramid.

Lesson Objectives:

After completing this lesson, participants will be able to:

- identify three benefits of consuming the recommended amount of dietary fiber each day.
- identify the two types of dietary fiber.
- list three ways they can increase their dietary fiber intake based on each of the MyPyramid food groups.
- identify the amount of fiber in a food using the Nutrition Facts label.

Introduction:

A well-balanced diet, rich in fiber, is an important part of healthy living. Fiber is found in plants. Fiber helps to:

- regulate bowel movements.
- make us feel full.
- lower blood sugar and cholesterol.
- reduce the risk of getting certain types of cancer (specifically colon and breast cancer).
- prevent constipation, hemorrhoids, and diverticulosis.

The amount of fiber you need depends on your gender and age. On average, most adults should eat 25 to 35 grams of dietary fiber every day.

There are two types of dietary fiber, insoluble and soluble. Both types serve an important role in our body.

Insoluble fiber is also called “roughage” or “bulk” and does not dissolve in water. Insoluble fiber passes through your intestines largely intact. The main job of insoluble fiber is to keep your intestinal tract healthy by reducing the amount of time that food sits in your intestinal tract. If food sits in your intestinal tract too long, it can cause constipation. Food sources of insoluble fiber are wheat bran, whole grains, fruits, and vegetables.

Soluble fiber forms a gel when mixed with liquid. Soluble fiber may be helpful in removing cholesterol from the blood. Lowering cholesterol can reduce your risk for heart disease. Food sources of soluble fiber include dried beans, peas, lentils, oats, barley, fruits, and vegetables.

Fiber can be found in nearly all of the MyPyramid food groups. An easy way to ensure you are getting enough fiber in your diet is to eat foods from all of the MyPyramid food groups.

Grain Group: Choose whole grains for half of your daily grain intake. Whole grains, like 100% whole wheat bread or cooked brown rice, are great sources of fiber. The average adult should consume 3 ounces of whole grains each day. Breakfast is a great time of

day to get fiber. Many whole grain breakfast cereals are packed with fiber. To increase the amount of fiber you get from the grain group, enjoy a raisin bran muffin for breakfast or as a quick snack.

Vegetable Group: Vegetables also provide fiber in our diet. To get the most fiber, eat vegetables with their skin on (e.g. potatoes). When making a salad, choose romaine lettuce or spinach rather than iceberg lettuce. Eat 2 ½ cups of vegetables each day. To increase the amount of fiber you get from the vegetable group, try the Awesome Broccoli Marinara recipe.

Fruit Group: Eating fruit is a good way to include fiber in your diet. Berries are an especially great source of fiber. Try adding berries to a salad, to yogurt, or to cereal in the morning. When possible, enjoy fruit with the skin left on — the skin is packed with fiber. Choose dried fruit as a snack. Eat whole fruits instead of drinking 100% fruit juice. To increase the amount of fiber you get from the fruit group, try the Autumn Apple Salad recipe.

Meat and Beans Group: Legumes, such as dried beans, also provide fiber in your diet. Try using beans in a meatless meal at least once a week. Your meal will be both inexpensive and loaded with fiber. To increase the amount of fiber you get from the meat and beans group, try the Marinated Beans recipe.

Reading the Nutrition Facts label is a simple way to find out how much fiber is in the foods we eat each day. A “high fiber” food has 5 grams or more of fiber per serving. A “good source” of fiber has between 2 ½ and 5 grams of fiber per serving.

Resources:

- Elder Nutrition and Food Safety (ENAFS)
University of Florida Extension
Web site: enafs.ifas.ufl.edu
- Eat Right for Life
University of Florida
To order the curriculum, contact Kimberly Klinger, (352) 846-2770, ext. 309, or email Kimby@ufl.edu.
- Nutrition News: Information for Senior Citizens
Colorado State University Cooperative Extension
Web site: seniormealsonwheels.org/pdfs/Januarynutritioninfo2008.pdf
- Fiber Fact Sheet
University of Nebraska–Lincoln Extension, Nutrition Education Program
Web site: nebraskanep.unl.edu/nep/images/pdf/nep_fact_sheets/fiber_en.pdf
- Dietary Guidelines for Americans
United States Department of Agriculture
Web site: www.nal.usda.gov/fnic/dga/dguide95.html
- MyPyramid
Web site: www.mypyramid.gov

RECIPES

Raisin Bran Muffins

6 servings

| | |
|----------------------------|--------------------------------|
| 1 ½ cup raisin bran cereal | ½ teaspoon cinnamon |
| ¾ cup low-fat milk | ¼ teaspoon salt |
| ½ cup whole wheat flour | ¼ cup vegetable oil |
| ½ cup all-purpose flour | 1 egg, slightly beaten |
| 2 teaspoon baking powder | ¼ cup dark brown sugar, packed |

1. Preheat oven to 400°F. Spray a standard muffin tin with nonstick cooking spray (you can also use muffin liners). Set aside. In a medium bowl, combine cereal and milk. Let stand until softened, about 5 minutes.
2. In a small bowl, whisk together flours, baking powder, cinnamon, and salt.
3. Stir oil, egg, and brown sugar into cereal mixture. Fold in flour mixture. Divide batter among cups. Bake 20 to 25 minutes or until a toothpick inserted in the center comes out clean. Cool in tin for 5 minutes. Turn out onto a wire rack or plate. Serve warm.
4. Store up to five days at room temperature in a resealable plastic bag.

Nutrition Information per Serving: Calories 270, Total Fat 11 g (17% DV), Saturated Fat 2 g (10% DV), Cholesterol 40 mg (13% DV), Sodium 240 mg (10% DV), Total Carbohydrate 37 g (12% DV), Dietary Fiber 3 g (12% DV), Sugars 15 g, Protein 6 g, Vitamin A 6%, Vitamin C 2%, Calcium 15%, Iron 30%.

Awesome Broccoli Marinara

4 servings

| | |
|---|---------------------------|
| 2 tablespoon olive oil | 1 pound broccoli florets |
| 2 cloves garlic, minced | salt and pepper, to taste |
| 1 can (14.5 ounce) stewed tomatoes, Italian style | |

1. Heat olive oil in a large skillet over medium heat. Add garlic and cook for a few minutes, stirring constantly. Add tomatoes and simmer until the liquid is reduced by half.
2. Place broccoli on top of the tomatoes and season with a little salt and pepper. Cover, and simmer over low heat for 10 minutes or until broccoli is tender.
3. Do not overcook the broccoli. It should be vibrant green.

Nutrition Information per Serving: Calories 110, Total Fat 7 g (11% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 380 mg (16% DV), Total Carbohydrate 10 g (3% DV), Dietary Fiber 2 g (10% DV), Sugars 6 g, Protein 3 g, Vitamin A 40%, Vitamin C 100%, Calcium 6%, Iron 6%.

Autumn Apple Salad

6 servings

| | | | |
|---|---|---|---|
| ¼ | cup silvered almonds, toasted | ½ | cup dried cranberries |
| 4 | Granny Smith apples, cored and chopped | 1 | (6 oz.) container low-fat vanilla yogurt |

1. Toast almonds using one of the toasting methods listed below.
2. In a medium bowl, combine apples, toasted almonds, dried cranberries, and yogurt. Mix gently.

Nutrition Information per Serving: Calories 130, Total Fat 3 g (5% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 5 mg (2% DV), Sodium 20 mg (1% DV), Total Carbohydrate 26 g (9% DV), Dietary Fiber 3 g (12% DV), Sugars 22 g, Protein 2 g, Vitamin A 2%, Vitamin C 8%, Calcium 6%, Iron 2%.

Toasting Almonds:

Nuts are naturally high in fat. Toasting nuts intensifies the flavor. This may enable you to reduce the amount of nuts used and still end up with a very tasty dish. There are three ways to toast nuts:

Stove top

Because of the nuts' high-fat content, you won't need to add oil to the skillet. Simply heat the dry skillet until hot, then pour the nuts in and spread out in a single layer. Stir frequently to keep the nuts from turning too brown. Cook for 3 to 5 minutes.

Oven

Begin by preheating the oven to 350°F. Place nuts in a single layer in a shallow baking pan. Bake the nuts for about 10 minutes, being sure to stir or shake them about halfway through the baking time.

Microwave

Place nuts in a microwave-safe dish. Microwave uncovered on high for 2 to 3 minutes or until lightly toasted, stirring twice. Watch carefully to avoid burning the nuts. You may need to adjust the time, depending on your microwave's wattage and the amount of nuts you are toasting.

Marinated Beans

3 servings

| | | | |
|---|---|---|----------------------------|
| 1 | can beans, any variety, drained and rinsed | ⅓ | cup Italian salad dressing |
| | | ¼ | cup red onion, sliced |

1. In a medium bowl, mix all ingredients. Refrigerate for a couple of hours to allow flavors to blend.
2. Serve as is or on top of salad greens.

Nutrition Information per Serving: Calories 180, Total Fat 7 g (11% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 460 mg (19% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 6 g (24% DV), Sugars 3 g, Protein 8 g, Vitamin A 0%, Vitamin C 4%, Calcium 2%, Iron 10%.

Community Lesson EVALUATION

Form for Members/Participants

1. I am:

- 29 or under 40-49 60-69
 30-39 50-59 70 or older

2. Are you attending this program as a part of a club/group/etc.?

- Yes No

If so, please specify what club, group, organization / agency or other:

3. Please indicate which lesson you completed: (check one)

- Bullying
 Fitting in the Fiber
 Housing Options for Today and Tomorrow
 Make Sure It's Done the Way You Want: Advance Directives

4. How much of the lesson did you complete? (check one)

- All
 About half
 About one-quarter

5. Please indicate whether you agree or disagree with the following statements. Circle a number for each.

| | Strongly Disagree | Disagree | Agree | Strongly Agree |
|--|----------------------|----------|-------|-------------------|
| This topic is important to me and addresses issues that I need to know more about. | 1 | 2 | 3 | 4 |
| I am more knowledgeable about the topic covered. | 1 | 2 | 3 | 4 |
| I will use this information to make informed decisions in the future. | 1 | 2 | 3 | 4 |
| The information covered in this lesson will impact my life in a positive way. | 1 | 2 | 3 | 4 |
| One way is (please list): _____ | | | | |
| <hr/> | | | | |
| I will share this information with others who could use this information. | 1 | 2 | 3 | 4 |
| Because of this lesson, I will make a change in what I do related to this topic. | 1 | 2 | 3 | 4 |
| Changes I plan to make include (please list): _____ | | | | |
| <hr/> | | | | |

6. Which of the following is a benefit of consuming the recommended amount of dietary fiber each day?
- a. Regulates bowel movements
 - b. Makes you feel full
 - c. Lowers blood sugar and cholesterol
 - d. All of the above

7. What are the two different types of dietary fiber?

- a. Complex and simple carbohydrates
- b. Soluble and insoluble fiber
- c. Saturated and unsaturated
- d. Sodium and potassium

8. Now that you have completed this lesson, please list one goal that you would like to accomplish to improve your dietary fiber intake?

9. To determine the amount of dietary fiber that a food contains, refer to:

- a. the ingredient list on the food package.
- b. the Nutrition Facts label.
- c. the name of the food product.

10. Now that you have completed this lesson, how sure are you that you could incorporate at least 25 grams of dietary fiber in your diet each day?

- a. Very sure
- b. Sure
- c. Neither sure nor unsure
- d. Unsure
- e. Very unsure

Comments:

Thank you for completing this form and returning it to your extension office or to

**University of Nebraska–Lincoln Extension
P.O. Box 830703
211 Agriculture Hall
Lincoln NE, 68583-0703**