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Five for Fiber

FABULOUS FIBER MEALS:

- **Morning glory oatmeal-** oatmeal, fresh or dried fruit, almonds or walnuts, sprinkle of cinnamon or a drizzle of honey
- **Nuts for Nanners sandwich-** your classic peanut butter and banana sandwich: Two slices of whole wheat bread, one tablespoon of peanut butter and 6" sliced banana.
- **Yogurt Parfait-** your favorite low-fat yogurt, fresh cut fruit (strawberries, blueberries, peaches and/or apples will do)...take it to another fiber-loaded level and add some granola on top.
- **Sweet Potato Fries-** Carefully slice up a large sweet potato (enough for two people) with the skin ON! Drizzle with olive oil and sprinkle with ground pepper and cinnamon. Bake in the oven until soft.
- **Brown rice medley-** Cook brown rice and spice it up with your favorite vegetables and beans- peas, broccoli, carrots, lima beans, black beans, kidney beans. This is a great way to consume three major foods groups in one dish!

Fiber is known to help prevent against many diseases such as heart disease, obesity and cancer. We recommend these five foods that are not only loaded with fiber but are also wallet friendly and easy to find in any grocery store.

Beans- are a great source of fiber. They are also considered a low-fat protein source and have a good amount of iron as well. Try Navy beans, split peas, black eyed peas and lentils. A good 'ol fashion *lentil soup* sounds good right about now.

Oatmeal- you can find it in just about anyone's pantry. Add some fruit and nuts to

make it a complete meal.

Fresh fruit and vegetables – the skin of the fruit and vegetable have the beneficial fiber that is needed to prevent heart disease and colon cancer. Some examples are: apples, pears, peaches, parsnips, artichokes, potatoes, collard greens.

Brown Rice- has all the fiber, vitamins and minerals in its natural form (as opposed to enriched white rice which has the vitamins and minerals taken off and then added back in). The same can be said for...

Whole wheat bread- make sure that the very first

ingredient on the ingredients list reads: *whole wheat flour, whole grain flour, or unbromated whole wheat flour*. Any other ingredient that is listed first indicates that the loaf of bread is not made with 100% whole



Enriched Flour- refers to the replacing of vitamins and/or minerals lost in the enrichment process of whole wheat flour. At least 10% of the vitamins and/or minerals in the whole wheat flour must be added back or *enriched*.

Did you know...



Fill up on Fiber

The USDA recommends that the average male over 51 years of age should consume 30g of fiber per day. Females over 51 years of age should consume 21g of fiber per day. Males ages 14-50 should consume 38g of fiber per day. Females ages 19-50

should consume 25g fiber per day and females ages 9-18 should consume 26g of fiber per day.

Fight Hunger with Fiber

Fiber-rich foods can help you feel fuller longer. Because fiber foods contain complex carbohydrates,

your digestive system will take its time to digest these carbohydrates at its leisurely pace. So instead of being hungry 2 hours later, you might find yourself feeling hungry 4 hours later instead!

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