

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

AUGUST 27, 2018

MORE ON FIBER...

FIRST OF ALL, HERE ARE SOME ANSWERS TO A COUPLE QUESTIONS ASKED LAST WEEK:

- YEP, MARIE, CHERRIES ARE A PRETTY GOOD (AND YUMMY!) SOURCE OF FIBER: 2 GRAMS FOR ½ CUP OF PITTED CHERRIES.
  
- (AND THIS IS FOR DOROTHY) IN RE TO THE CONNECTION BETWEEN TAKING A BLOOD THINNER & EATING TOO MUCH VITAMIN K: CERTAIN FOODS & BEVERAGES CAN MAKE YOUR BLOOD THINNER LESS EFFECTIVE. (I.E. YOU COULD BE AT RISK FOR BLEEDING PROBLEMS.) SO, WHEN EATING / DRINKING THE FOLLOWING ITEMS, MAKE SURE YOU ARE TAKING IN A SMALL PORTION, AND LIMIT TO 1X / WEEK:
  - KALE / SPINACH / COLLARD OR MUSTARD GREENS / CHARD
  - BRUSSELS SPROUTS / BROCCOLI / ASPARAGUS
  - GREEN TEA / CRANBERRY JUICE / ALCOHOL
  -

SO, I'VE BEEN THINKING ABOUT FIBER A LOT, AND I FEEL LIKE WE'VE HAD QUITE A FEW SPECIFIC QUESTIONS ABOUT THIS SUBJECT LATELY. LET'S TALK TONIGHT ABOUT SOME WAYS TO INCREASE OUR INTAKE OF FIBER!

ULTIMATE HIGH FIBER GROCERY LIST!

APPLES, BANANAS, ORANGES, & STRAWBERRIES ALL HAVE AROUND 3 – 4 GRAMS OF FIBER PER SERVING. LIKE I SAID LAST WEEK, EAT THE APPLE PEEL!

RASPBERRIES ARE REALLY HIGH IN FIBER...8 GRAMS / CUP!

HAVE YOU TRIED SOME OF THE MORE EXOTIC FRUITS AVAILABLE? THEY ALL SEEM TO BE PRETTY GOOD SOURCES OF ROUGHAGE: ONE CUP OF GUAVA HAS 9 GRAMS OF FIBER... THAT'S A LOT! A MANGO AND A PAPAYA BOTH HAVE 5 GRAMS OF FIBER, A PERSIMMON, 6. A PRICKLY CACTUS PEAR HAS 4 GRAMS OF FIBER, AND ONE DRAGON FRUIT PROVIDES 3. THIS ONE IN PARTICULAR IS REPORTED TO HAVE A LAXATIVE EFFECT, JUST FYI!

CARROTS, BEETS, AND BROCCOLI ARE ALL FIBER-RICH. DARK COLORED GREENS (I.E. SPINACH, CHARD, ETC.) ALL HAVE AROUND 4 GRAMS IN A ONE-CUP (COOKED) SERVING. ARTICHOKE TAKES THE CAKE WITH 10 GRAMS FOR A MEDIUM SIZED ONE. HOWEVER, WHO EVER EATS ONE WITHOUT DIPPING IT IN BUTTER?!

POTATOES ARE ALSO FIBER-RICH – JUST WATCH YOUR PORTION SIZE AND ESPECIALLY YOUR CONDIMENTS! RUSSET, RED, AND YUKON GOLD ALL HAVE AROUND 3 GRAMS OF FIBER FOR A MEDIUM POTATO, IF YOU EAT THE SKIN. A MEDIUM SWEET POTATO HAS AROUND 4 GRAMS OF FIBER.

LEGUMES ARE A GREAT PANTRY STAPLE. INEXPENSIVE AND HIGH IN PROTEIN, THEY ALL PACK A FIBER PUNCH. THE TRICK IS TO FIND DIFFERENT WAYS TO USE THEM. THE BLACK EYE PEA SALSA WE TASTED TONIGHT IS AN EXCELLENT EXAMPLE!

IF YOU BUY CEREAL, START CHECKING YOUR LABELS (IF YOU'RE NOT ALREADY!) AS A GENERAL GUIDELINE, IF IT PROVIDES 5 OR MORE GRAMS OF FIBER PER SERVING, IT'S CONSIDERED A GOOD SOURCE. I LOOKED UP THE NUTRITION FACTS FOR OATMEAL, BY THE WAY: IN A ONE CUP SERVING, YOU'LL GET 4 GRAMS OF FIBER. ADD 1 ½ TEASPOONS OF CHIA SEEDS FOR 2.5 MORE!

YOU SHOULD SELECT A BREAD WITH AT LEAST A COUPLE GRAMS OF FIBER PER SLICE. LABELING CAN BE TRICKY; THE MANUFACTURER USUALLY LISTS GRAMS OF FIBER "PER SERVING" (TWO SLICES), SO JUST BE AWARE!

WHEN USING / BUYING WHOLE GRAINS, BULGUR WHEAT IS A POSITIVELY GREAT SOURCE OF FIBER: ½ CUP SERVING PROVIDES 8 GRAMS! YOU DON'T HAVE TO COOK IT; YOU DO, HOWEVER, HAVE TO SOAK IT IN HOT WATER FOR HALF AN HOUR. RICE IN GENERAL IS NOT A GREAT SOURCE OF FIBER, ALTHOUGH BROWN RICE IS ABOUT TWICE AS HIGH IN FIBER AS WHITE: ONE-HALF CUP SERVING PROVIDES ~2 GRAMS OF THE GOOD STUFF. THE FIGURE I FOUND FOR WILD RICE IS 5 GRAMS PER HALF CUP! QUINOA IS ACTUALLY SOMETHING I'VE USED FROM TIME TO TIME; ONE-HALF CUP OF THAT WHOLE GRAIN WILL GIVE YOU AROUND 3 GRAMS OF FIBER.

NUTS AND SEEDS ARE COMPACT LITTLE FIBER SOURCES; AN OUNCE (WHICH IS A SMALL HANDFUL; AROUND 1/3 CUP) OF MOST TYPES GIVING YOU ~3 GRAMS OF FIBER. THEY'RE ALSO COMPACT LITTLE CALORIE SOURCES, SO BE ADVISED!

THREE CUPS OF POPCORN CONTAIN 4 GRAMS OF FIBER.

THERE ARE ALSO FOODS WITH FIBER ADDED. THE "FIBER ONE" LINE (AND EQUIVALENTS) ARE ONE EXAMPLE. SOMETHING ELSE THAT COMES TO MIND IS ACTIVIA YOGURT.

GENERAL GUIDELINES FOR HOW MANY GRAMS OF FIBER A WOMEN SHOULD GET (I THINK SOMEONE HAD THIS QUESTION LAST WEEK?) WOULD BE 25 GRAMS PER DAY; A MALE, 38. ACCORDING TO INFO I READ JUST NOW, THE AVERAGE AMERICAN ADULT GETS AROUND 15 GRAMS PER DAY. GASTRIC ISSUES CONNECTED TO A LOW FIBER DIET ARE SOMETIMES TERMED "DISEASES OF THE WESTERN WORLD." AS YOU ALREADY KNOW, A DIET HIGH IN PROCESSED FOOD AND LOW IN THE PRODUCE AREA IS PRETTY COMMON. WHEN YOU KNOW BETTER, YOU CAN DO BETTER!

WORD TO THE WISE: INCREASE DIETARY FIBER SLOWLY. DRINK LOTS OF FLUID, ESPECIALLY WATER!

AS YOU CAN SEE FROM THE “GROCERY LIST” I GAVE YOU, ALL PLANT FOODS HAVE FIBER IN DIFFERENT AMOUNTS. I’VE MENTIONED THAT THERE ARE TWO TYPES OF FIBER: SOLUBLE, MEANING THAT IT DISSOLVES IN WATER, AND INSOLUBLE, MEANING THAT IT DOES NOT.

*SOLUBLE FIBER* IS LINKED TO LOWERING LDL (BAD, OR “LOUSY,” AS RUTHIE SAYS!) CHOLESTEROL, REGULATING BLOOD SUGAR, AND A LOWER RISK OF HEART DISEASE AND TYPE II DIABETES. IT IS FOUND IN LEGUMES, OATS, NUTS, PSYLLIUM, APPLES, PEARS, STRAWBERRIES, AND BLUEBERRIES.

*INSOLUBLE FIBER* IS FOUND IN WHOLE GRAINS, NUTS, SEEDS, CARROTS, CUCUMBERS, ZUCCHINI, CELERY, GREEN BEANS, DARK LEAFY VEGETABLES, RAISINS, GRAPES, AND TOMATOES. THIS TYPE OF FIBER PREVENTS CONSTIPATION AND LOWERS YOUR CHANCE OF GETTING DIVERTICULAR DISEASE.

MORAL OF THE STORY? DON’T WORRY ABOUT THE TYPE, JUST EAT YOUR FILL OF FRUITS AND VEGETABLES! I DID NAME MAIN SOURCES, BUT TRUTH BE TOLD MOST PLANT MATTER IS A COMBINATION OF BOTH SOLUBLE AND INSOLUBLE. FIBER INTAKE IS ALSO LINKED TO A LOWER RISK OF CERTAIN CANCERS, INCLUDING COLORECTAL.

*HERE ARE A FEW IDEAS TO ADD MORE FIBER TO YOUR DAY:*

1. READ YOUR LABELS! A FOOD RATED “GOOD” AS A SOURCE OF FIBER WILL HAVE 2.5 – 4.9 GRAMS PER SERVING; “EXCELLENT” HAS 5 OR MORE. CHOOSE ACCORDINGLY!
2. HAVE A SMART BREAKFAST...START YOUR DAY WITH WHOLE GRAINS. “BEEF UP” YOUR OATMEAL WITH CHIA SEEDS - OR TOAST A PIECE OF WHOLE GRAIN BREAD. FOR EVEN MORE “OOMPH,” ADD A NICE PIECE OF FRUIT.
3. TOSS BEANS INTO YOUR SOUPS, STEWS, EGG DISHES, SALADS, AND CHILI. TRY SERVING A VEGETARIAN MEAL ONCE A WEEK.
4. SNACK ON RAW VEGETABLES WITH HUMMUS. (OR BLACK EYE PEA SALSA!)

HOW DID YOU DO WITH “NO PIE OR PIZZA PIE”? LAST WEEK?

OUR “NO!” FOOD FOR THIS WEEK: **CHIPS / SALTY SNACKS**

