

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

AUGUST 12, 2019

FIBER...6 TIPS FOR GETTING MORE!

OUR GOAL SHOULD BE TO AVERAGE AROUND 20 – 25 GRAMS / DAY. WHAT IS THE EASIEST WAY TO ACCOMPLISH THIS? HERE ARE A COUPLE THINGS TO KEEP IN MIND BEFORE YOU BEGIN! NUMBER ONE: WHEN YOU INCREASE YOUR FIBER INTAKE, YOU NEED TO INCREASE YOUR WATER INTAKE, AS WELL. SECONDLY, BE SURE YOU ADD THE FIBER *GRADUALLY*. AS YOU ALREADY KNOW, FIBER IS A GREAT WAY TO LOWER DIETARY CHOLESTEROL & KEEP YOU FEELING FULL.

1. **GO FOR WHOLE GRAINS WHENEVER POSSIBLE.** WHAT IS THE RELATIONSHIP BETWEEN WHOLE GRAINS & FIBER? THEY'RE TWO SEPARATE THINGS..."GRAINS" ARE AN INGREDIENT, AND "FIBER" IS A COMPONENT OF THIS & POSSIBLY OTHER INGREDIENTS IN A PRODUCT. WHILE ALL WHOLE GRAINS DO CONTAIN FIBER, THE FIBER IN ALL WHOLE GRAINS ISN'T EQUAL. IN OTHER WORDS, THE PERCENTAGE OF FIBER IN A WHOLE GRAIN VARIES GREATLY FROM ONE GRAIN TO THE NEXT.

FOR EXAMPLE! BROWN RICE, A NUTRITIOUS & YUMMY WHOLE GRAIN, IS NATURALLY LOWER IN FIBER THAN OTHER WHOLE GRAINS. TO ILLUSTRATE, IN A ½ CUP (COOKED) SERVING, YOU WILL GET ~ .6 GRAMS OF FIBER. HOWEVER, IF YOU PUT A GRAIN CALLED KAMUT IN YOUR HOMEMADE SOUP, YOU'LL GET 3.1 GRAMS OF FIBER IN THE SAME SIZE SERVING.

SO WHAT'S KAMUT??? IT'S AN ANCIENT, ORIENTAL GRAIN. IT'S AVAILABLE THROUGH BOB'S RED MILL PRODUCTS. IT'S MORE LIKELY THAT YOU'D ADD SOMETHING LIKE BARLEY TO YOUR SOUP – WHICH IS MORE COMMON AND LESS EXPENSIVE. IN FACT, A QUARTER-CUP SERVING PROVIDES 140 CALORIES AND 7 GRAMS OF FIBER!

2. **IF YOU'RE A CEREAL EATER, LOOK FOR THE WHOLE GRAIN STAMP...**BUT BE AWARE THAT SOME WHOLE GRAIN CEREALS ALSO CONTAIN A TON OF SUGAR! A QUICK GUIDELINE: AIM FOR 5 GRAMS OF FIBER AND 6 GRAMS OF SUGAR PER SERVING IN YOUR CEREAL. READ THOSE LABELS!

FOR EACH ONE-CUP SERVING:	FIBER (g)	SUGAR (g)
• KELLOGG'S RAISIN BRAN	7	18
• KELLOGG'S FROSTED MINI WHEATS	6	11
• CHEERIOS	3	1
• MULTI-GRAIN CHEERIOS	3	6
• COUNT CHOCULA	1	9
• MILLVILLE BRAN FLAKES	5	5

3. **EAT BEANS A FEW TIMES A WEEK!** THIS IS NOT ONLY A "HIGH-FIBER" TIP...OBVIOUSLY IT'S A GREAT MONEY-SAVING TIP, TOO! LIKE ALL PLANT FOODS, BEANS DO CONTAIN FIBER – BUT THEY'RE ALSO LOADED WITH PROTEIN. (SO THEY CAN BE THE BASE OF YOUR MEAL, IN OTHER WORDS.)

	FIBER (g)
• TACO BELL BEAN BURRITO	8
• CANNED MINISTRONE SOUP (1 C)	5
• VEGETARIAN OR FF REFRIED BEANS (1/2 CUP)	6
• KIDNEY BEANS (1/4 CUP) ADDED TO SALAD OR SOUP	4

4. **DON'T FORGET YOUR FRUIT!** HAVE A COUPLE SERVINGS EVERY DAY...HAVE IT WITH YOUR MORNING MEAL, ENJOY IT AS A SNACK, OR HAVE IT INSTEAD OF DESSERT!

• APPLE, 1 LARGE	8
• PEAR	4
• STRAWBERRIES, 1 CUP	4
• BANANA	3

5. **REMEMBER FLAX SEED?** HERE'S AN EASY ADDITION: EVERY DAY, STIR ONE TABLESPOON INTO EITHER YOUR YOGURT, A SMOOTHIE, A CASSEROLE, OR A SOUP! JUST THIS SIMPLE CHANGE WILL BOOST YOUR FIBER INTAKE BY 3 GRAMS.

6. **GO ALL OUT ON THE VEGETABLES.** TRY A WEEKLY VEGETARIAN NIGHT OR USE VEGETABLES TO "FILL OUT" YOUR NIGHT TIME MEAL! IF YOU'RE GOING TO HAVE SECONDS, MAKE IT MORE VEGGIES!

- COOKED CARROTS, 1 C. 5
- RAW CARROTS, 1 C. 4
- BROCCOLI, 1 C., COOKED 4.5
- RAW SPINACH, 2 C. 3
- SWEET POTATO 4

TRY SOMETHING NEW...

MAKE RISOTTOS, PILAFS & OTHER RICE-LIKE DISHES WITH WHOLE GRAINS SUCH AS BARLEY, BROWN RICE, MILLET, QUINOA OR SORGHUM...YOU CAN ALSO USE RICED CAULIFLOWER AS A BASE

ENJOY WHOLE GRAIN SALADS SUCH AS TABBOULEH OR BULGUR

BUY WHOLE GRAIN PASTA, OR A BLEND THAT'S PART WHOLE GRAIN, PART WHITE

USE WHOLE GRAIN CORN MEAL FOR CORN CAKES, CORN BREAD OR CORN MUFFINS

ADD HALF A CUP OF COOKED BULGUR, WILD RICE, OR BARLEY TO BREAD STUFFING

REPLACE ONE-THIRD OF THE FLOUR IN A RECIPE WITH QUICK OR OLD-FASHIONED OATS (I'VE NOT ACTUALLY DONE THIS MYSELF...JUST SAW IT ON THE INTERNET. I DON'T KNOW HOW YOUR PRODUCT WOULD TURN OUT!)

SWITCH HALF THE WHITE FLOUR TO WHOLE WHEAT FLOUR IN YOUR REGULAR RECIPES FOR COOKIES, MUFFINS, QUICK BREADS & PANCAKES (I HAVE DONE THIS!)

ADD HALF A CUP OF COOKED WHEAT OR RYE BERRIES, WILD RICE, BROWN RICE, SORGHUM OR BARLEY TO YOUR FAVORITE CANNED OR HOME-MADE SOUP

ADD THREE-QUARTERS OF A CUP OF UNCOOKED OATS FOR EACH POUND OF GROUND BEEF OR TURKEY WHEN YOU MAKE MEATBALLS, BURGERS OR MEATLOAF

STIR A HANDFUL OF ROLLED OATS IN YOUR YOGURT FOR QUICK CRUNCH

FEEL FREE TO SHARE ANY BRIGHT IDEAS WITH THE CLASS! SEE YOU MONDAY. DON'T FORGET THAT WE HAVE NO CLASS ON MONDAY, SEPTEMBER 2ND. IT'S LABOR DAY!!!

OUR "NO!" FOOD FOR THIS WEEK: **BAKED GOODS**

