

# JANUARY: NATIONAL FIBER FOCUS MONTH

## The Food Bank Feedback

A newsletter published monthly and sent to all agencies receiving food distribution, free of charge.

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*Did you know that most Americans get less than half of the amount of recommended fiber each day? Lack of fiber in the diet can lead to digestive and cardiovascular issues. Help your family stay healthy by adding some fiber to your diet!*

**Types of Fiber:** Fiber is found only in plant-based foods, so meat, dairy, and eggs will not have any fiber. The American Heart Association suggests having 25-30g of fiber each day from food.

**Soluble:** Soluble fiber attracts water in our stomachs, causing slower digestion. This is why you may have heard that fiber helps control weight; it keeps you feeling fuller for a longer amount of time. Soluble fiber also helps lower our LDL's, or "bad" cholesterol. Examples oatmeal, apples, pears, strawberries, nuts, beans. Blueberries, carrots, and celery.

**Insoluble:** Insoluble fiber is the fiber that helps our gut; it has a laxative-type effect and makes it easier for us to use the bathroom. Insoluble fiber foods are best to help reduce constipation. Examples whole wheat, whole grains, brown rice, zucchini, broccoli, cabbage, grapes, and dark leafy vegetables.

**Tips to Adding Fiber:** First thing's first, start slow! If your body isn't used to getting a certain amount of fiber, you could have abdominal pains and/or diarrhea if you increase your fiber in a short amount of time. Increase your fiber by about 5g each day until you hit the amount that's best for you. Most Americans get only about 15 grams of fiber per day in their diet. The 2010 Dietary Guidelines for Americans recommends about 25 grams for women under 50 and men under 50 require upwards of 30-38 grams of dietary fiber daily. Men over 50 should aim for 30g/day and women should get at least 21g/day. Adding fiber to your diet means making simple changes. You can start the day with a whole grain like oatmeal or bran cereals. Add some beans/legumes to soups, and add fresh fruits and vegetables to your meals. Keep in mind, when increasing your fiber, you will also need to increase your water intake.

**Sources of Fiber:** All plant based foods have fiber in them, here's a list of foods with high amount of fiber to start with:

- **Beans:** Beans contain anywhere from 4g-8g per half cup serving! Add them to soups, stews, chili, and burritos.
- **Whole Grains:** whole grain breads, pastas, and brown rice.
- **Nuts:** Almonds and walnuts have more fiber and nutrients than other nuts
- **Popcorn:** Not only is it a whole grain, popcorn also has 5g of fiber per serving.





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## • Recipe •

# EASY HOMEMADE CHILI

### INGREDIENTS

- 1 pound ground beef or turkey
- 2 14oz cans stewed tomatoes
- 1 red onion, chopped
- 2 cans kidney beans
- 1 can black beans
- 1 (8oz) can whole kernel corn
- 2 tbsp. Chili powder
- 1 tsp. Cumin
- Salt to taste



### DIRECTIONS

Brown beef/turkey in a skillet on medium heat, drain (fat) if needed. Add onions, cook until translucent. Stir in the remaining ingredients and bring to a boil, reduce heat and continue to cook for 10 minutes. Enjoy!

Makes 6 servings.

**Nutrition Information (1 cup):** - 260 calories, 8g fat, 10g protein,  
37g carbohydrate, 11g fiber

**Tips and Tricks:** If you're trying to watch your salt/sodium intake, use low-sodium canned beans in this recipe. You can also drain the liquid from the beans and rinse with cool water, which can lower the amount of salt by 40%!



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To find out how SNAP ( Food Stamp Program) can help you buy healthy foods, contact CEO's SNAP screening & application service: toll-free at 800-822-0359.

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