

Let us help you take charge, in making your health a priority!

Closing the Fiber Gap

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Only 1 in 20 Americans consumes enough fiber! This means that 95% of the population is not getting enough fiber to adequately reduce the risks of developing heart disease, type 2 diabetes, and some types of cancer. Fiber is also linked to the prevention of weight gain, greater ease of laxation, and a healthy gut in general.

The Adequate Intake (AI) for fiber is 25 grams daily for women and 38 grams for men. However, the average daily intake for both is a mere 17 grams.

Eating a health-boosting diet rich in fruits, vegetables, legumes and whole grains is the ideal way to get adequate fiber. Don't fall for the trap that you can simply eat lots of one type of food to get all the fiber you need. Just like there is more than one vitamin, there is more than one type of fiber. Some feed the good bacteria in your gut, preventing unhealthy bacteria from taking hold. The happily-fed good bacteria produce compounds that help us absorb minerals, serve as energy for our colon cells, affect glucose and cholesterol metabolism, and may even help us control appetite. Fibers that feed the healthy bacteria and lead to more health benefits are called prebiotics. You'll find prebiotic fibers in onions, leeks, whole wheat, oats and foods with added chicory root or inulin.

Other fibers affect glucose and cholesterol metabolism in other ways and aid in laxation. Your best fiber strategy is to eat a variety of fiber-rich foods.



Try some of the options below to fill your fiber quota.

- Add berries to your whole grain cereal.
- Top yogurt with muesli and fresh or dried fruit.
- Enjoy a cup of black bean or lentil soup for lunch along with a sandwich made with high-fiber, whole grain bread.
- Snack on popcorn or fresh fruit.
- Double your vegetable portions at dinner.
- Enjoy a small dessert with benefits, such as a fruit-based dessert like chocolate-covered strawberries or a fiber-fortified snack bar.

Reference: AND Position paper:

<http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/healthimplicationsfiber.ashx>

Fiber Content of Common Foods

Food	Fiber (g)	Food	Fiber (g)
Baby carrots, 8	2.5	Raisin bran, 1 cup	7.4
Broccoli, ½ cup	1.1	Brown rice, cooked, 1 cup	3.5
Raspberries, ½ cup	4.0	Lentils, cooked, ½ cup	7.8
Pear, 1 medium	5.5	Almonds, ¼ cup	4.0

Source: Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber

Overnight Oatmeal



A great way to start the day! A fiber and protein rich dish that is likely to keep you satisfied till lunch.



Ingredients:

- ½ cup Old fashioned Oats
- ½ cup of skim milk /or non-dairy low-fat milk (if choosing non-dairy milk look for calcium fortified options).
- ½ cup of non-fat plain Greek yogurt /or low-fat vanilla (second choice adds 60 cal).
- 1 tsp chia seeds (optional).
- 1 cup fresh mixed berries and fruit.

Directions:

Add oats to your container of choice and pour in milk. Layer Greek yogurt, chia seeds and mixed fruit and berries. Refrigerate overnight and enjoy in the morning.

Nutrition Facts:

390 Cal	Cholesterol 10mg	Vit A 4%
Fat 6g	Sodium 110mg	Vit C 90%
Sat fat 1g	Carbohydrate 62g	Calcium 35%
Trans fat 0g	Dietary fiber 10g	Iron 20%
Protein 24g	Sugars 22g	

For a printable PDF version of this page click “Overnight oatmeal” below.

Brown Rice



Brown rice is naturally healthy.

Brown rice is a **whole grain**. Its intact bran and germ content are rich in vitamins and minerals such as Thiamin, Magnesium, Selenium and Manganese.

Brown rice and fiber.

1 cup of cooked brown rice contains 3.5g of fiber. Being fiber rich makes brown rice a great addition to a cholesterol lowering diet.

The fiber in brown rice also makes this a good food choice when managing diabetes. The fiber keeps blood sugar levels steady and may prevent a spike in blood sugar levels.

Storing Brown Rice.

The nutritious unsaturated oils in the germ part of your brown rice does affect the optimal way of storing it. Keep it in an airtight container in a;

Dark and cool pantry: 6 months.

Refrigerator: 12 – 16 months.

Freezer: Up to 2 years.

Cooked and frozen rice: 6 months.

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