

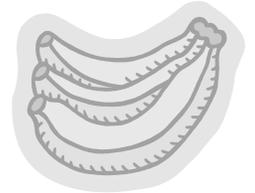


Senior Nutrition Services

The Benefits of Fiber

Fiber is the part of the plant that cannot be digested by humans. Thus, we do not get any calories from eating it. It is also called roughage or bulk.

We need to consume 25-30gms of fiber each day.



What does fiber do?

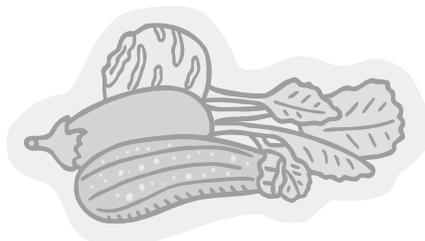
- It gives you a feeling of fullness and adds bulk to your diet.
- It helps to control weight.
- It helps prevent constipation.
- It helps to treat a disease of the intestines called diverticulosis.
- It helps to reduce the levels of bad cholesterol that causes heart disease.

Fiber exists in two forms: soluble and insoluble.

Soluble Fiber attracts water. The fiber turns into gel during digestion and speeds up the passage of your food through the stomach and the intestines and adds bulk to your stools. This type of fiber decreases blood cholesterol and blood sugar. Soluble fiber is found in citrus fruit like oranges, tangerines, mandarin oranges, grapefruit and juices. It is also found in flaxseed, soybeans, dried beans, peas, oatmeal and barley.

Insoluble Fiber: Increases your feeling of fullness, stool size and bulk and helps to reduce the occurrence of constipation and hemorrhoids. Insoluble fiber can also reduce risk of colon cancer. This type of fiber is found in wheat bran, whole cereal grains, soybeans and vegetables and fruits.

If you want to add more fiber to your diet, check out the easy to make recipe on the back!!!



Quick Black Beans & Rice

1-16 oz. can Black beans, drained
1-15 oz. can Stewed tomatoes, un-drained
1 C Frozen corn
1 Tbsp. Dried onion
1 tsp. Dried oregano
1/2 tsp. Minced garlic
1 1/2 C Instant brown rice

Bring tomatoes, beans, corn, and spices to a boil. Stir in rice and return to boil. Reduce heat, cover and simmer 5 minutes. Remove from heat and let stand 5 minutes covered.

Makes 2 – 4 servings

Serving size: 1 Cup

Calories per serving: 328 calories

Total Fat: 4 grams

Fiber: 11 grams



Marise E. d'Abreu
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