

February/March 2013
Volume 9, Issue 3

HEALTHY CHOICES

FOR HEALTHY FAMILIES

TOPIC FIBER

Choosing foods high in fiber will help us in many ways. Whole-grain products are the way to go on our way to being healthy. Dietary fiber from whole grains or other foods may help lower blood-cholesterol levels and may lower the risk of heart disease, obesity, and type 2 diabetes. Fiber is vital for proper bowel function. It helps cut down on constipation and diverticulosis. Fiber-carrying foods, such as whole grains, help support a feeling of fullness with less calories.



INSIDE

- Basic Budget Bites
- Food Facts: Soluble vs. insoluble fiber
- Recipe: Microwave Baked Apples
- Recipe: One Pan Spaghetti
- Smart Tips: Flavorful vegetables
- Local Events

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.



PARENT'S POW-WOW

Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years do not have enough iron. They should eat foods high in heme-iron (meats) or eat other foods with iron along with foods rich in vitamin C, which can help soak up non-heme iron. Whole- and enriched refined- grain products are major sources of non-heme iron in American diets. Whole grains make a difference.





BASIC BUDGET BITES

- Today, many whole-wheat items cost the same as non-whole-wheat items, so choose whole wheat to add to your family's nutrition.
- For a change, use brown rice or whole-wheat pasta. Try brown-rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.
- Foods labeled as "multi-grain," "stone-ground," "100 percent wheat," or "cracked wheat" are often not 100 percent whole-grain products and may not contain any whole grain. Be a smart shopper, and look at the labels with care.



FOOD FACTS

SOLUBLE VS. INSOLUBLE FIBER

Soluble fiber forms a gel-like matter in your bowels. This gel carries away bile acids so that they are removed in your stools rather than converted to cholesterol. Therefore, soluble fiber helps lower your risk of heart disease by reducing your blood-cholesterol levels. Soluble fiber also slows down the soaking up of sugars, which is helpful for people with diabetes. Beans, oat bran and produce are good sources of soluble fiber.

Insoluble fiber absorbs water like a sponge. It is useful to the health of your digestive tract by making your stools soft and bulky and by speeding up the passage of food through your body. These actions of insoluble fiber help prevent constipation, hemorrhoids, and diverticulosis.

Also, a food plan high in insoluble fiber may cut your risk of cancer, mostly colon cancer. Many of the foods you eat typically contain bits which may cause cancer. Without fiber, these foods stay in your body longer



and therefore so do the cancer-causing particles. By moving these foods through your intestines quickly, you slash your risk of cancer. Wheat bran and whole grains contain the most insoluble fiber, but veggies and beans are also good sources.

SOURCE: COLORADO STATE UNIVERSITY COOPERATIVE EXTENSION,
DEPARTMENT OF FOOD SCIENCE & HUMAN NUTRITION



COOKING WITH KIDS

MICROWAVE BAKED APPLES

- **4 large, baking apples**
- **½ cup brown sugar**
- **1 teaspoon cinnamon**

- 1.** Wash apples, and remove core.
- 2.** Cut a thin slice off the bottom of each apple to form a flat surface. Place apples in a microwave-safe baking dish.
- 3.** Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.

- 4.** Cover with waxed paper and microwave on high for 6 to 10 minutes or until apples are soft.

Nutrition Facts per serving: 220 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 57 g carbohydrate, 5 g dietary fiber, 49 g sugars, 1 g protein

Yield: 4 servings

SOURCE: USDA RECIPE FINDER



RECIPE

ONE PAN SPAGHETTI

- **1 pound lean ground beef**
- **1 medium onion, chopped**
- **3½ cups water**
- **1 (15 ounce) can tomato sauce**
- **2 teaspoons dried oregano**
- **½ teaspoon sugar**
- **½ teaspoon garlic powder**
- **½ teaspoon rosemary**
- **¼ teaspoon pepper**
- **2 cups broken spaghetti noodles**
- **1 cup shredded parmesan cheese**

- 1.** Brown meat and onions in a large skillet over medium-high heat (300°F in an electric skillet). Drain fat.

- 2.** Stir in water, tomato sauce, and spices; bring to a boil.
- 3.** Add spaghetti; cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
- 4.** When spaghetti is tender, top with grated cheese.
- 5.** Refrigerate leftovers.

Nutrition Facts per serving: 220 calories; 5 g total fat; 2.5 g saturated fat; 0 g trans fat; 20 mg cholesterol; 360 mg sodium; 29 g carbohydrate; 2 g dietary fiber; 3 g sugars; 13 g protein

Yield: 10 servings

SOURCE: USDA RECIPE FINDER

LOCAL EVENTS

SMART TIPS: FIX VEGETABLES WITH THE MOST FLAVOR

- 1. Crunch into raw veggie power.** Crisp, fresh veggies are popular snacks. To keep fresh veggies safe and tasty, be sure to store and clean them the right way. Buy items without bruises. Keep them wrapped and store them in the fridge crisper drawer. Wash them well under running tap water just before you eat them.
- 2. Steam veggies quickly on the stovetop.** Cooked vegetables should be tender and crisp. They should keep their normal, bright color. The time it takes to steam veggies depends on the type and size of the pieces.
- 3. Cook veggies quickly in the microwave.** Microwave ovens are great for keeping nutrients in vegetables. This is because they cook quickly. One pound of veggies takes only three to eight minutes on high.
- 4. Stir-fry veggies for a few minutes.** Stir-frying is quick and easy. You can stir-fry fresh or frozen vegetables. All it takes is a non-stick pan. Veggies cut into thin slices or small pieces will cook in one to three minutes. Add a small amount of olive oil to speed cooking.

SOURCE: EAT SMART, MOVE MORE, NC



If you are interested in nutrition classes, contact your extension office.
