

Smart Choices

Nutrition News for Seniors

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Fitting In Fiber

The New Dietary Guidelines for Americans, 2010 were released at the end of January. According to the new guidelines there are several nutrients of concern because of low consumption of these nutrients in the American diet. Fiber is one of the nutrients of concern.

Dietary fiber occurs naturally in plant foods such as fruits, vegetables, grains, and dry beans and peas. It is the non-digestible form of carbohydrates. Fiber contains no calories itself but is vital for good health. It can not be digested, absorbed into the bloodstream or used by the body for energy.

Some of the best and least expensive sources of fiber are dry beans and peas such as navy beans, split peas, lentils, pinto beans and black beans. Additional sources include other vegetables, fruits, whole grains and nuts.

There are two basic types of fiber: soluble and insoluble. Some foods may contain both types but generally, vegetables contain more insoluble fiber and fruits have more soluble fiber. Soluble fiber dissolves in water and develops a gel-like substance.

Insoluble fiber does not dissolve in water but acts like a sponge absorbing water thus, providing bulk.

Over time eating too little fiber (less than 20 grams a day) can result in health problems such as



constipation, hemorrhoids, colon cancer, obesity, high cholesterol and high blood glucose levels. Eating a diet high in fiber can lower the risks of all these health problems.

The 2010 Dietary Guidelines for Americans recommends an adequate intake of 25 grams per day for women and 38 grams per day for men. For adults over the age of 51 the recommendation is slightly lower with 21 grams for women and 30 grams for men recommended. For most Americans, the average intake is 15

grams per day. To meet the guideline, it is recommended that the consumption of beans and peas as well as other vegetables, fruits, whole grains, and other foods containing fiber be increased.

When increasing fiber in the diet it is important to drink eight or more cups of liquid a day, including water, juice, and low-fat milk. Because fiber acts like a sponge, the additional liquid helps to move waste through the colon and avoid constipation. It is also important to add fiber gradually to the diet in order to prevent bloating and gas that may occur. It is best to get fiber from foods high in fiber and not from pills or supplements. Taking supplemental fiber may lead to mineral deficiencies.

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Make Half Your Plate Fruits and Vegetables!

Veggie Bean Wraps



Ingredients:

- 2 red bell peppers, seeded and chopped
- 1 onion, sliced
- 1 can (15 ounce) reduced sodium black beans, drained and rinsed
- 2 mangos, chopped
- 1 lime, juiced
- 1/2 cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 - 10 inch flour tortillas, fat free

Directions:

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 of the mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture

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Nutrition Facts

Serving Size 1 prepared wrap, 1/4 of recipe (440g)	
Servings Per Container	
Amount Per Serving	
Calories 460	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 80g	27%
Dietary Fiber 14g	56%
Sugars 22g	
Protein 13g	
Vitamin A 25%	Vitamin C 150%
Calcium 15%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

14 Ways to Fit in Fiber

1. Eat an assortment of berries.
2. Eat dry beans at least twice a week.
3. Choose romaine lettuce or spinach for salads.
4. Change to 100% whole wheat or whole grain bread.
5. Mix high-fiber cereal (5 or more g of fiber) with your regular cereal.
6. Begin using brown rice instead of white.
7. Purchase crackers that have at least 2 g of fiber per serving.
8. Try hummus, made from chickpeas instead of sour cream based dips.
9. Eat the skins of the fruits and vegetables that are edible.
10. Use whole wheat flour when baking.
11. Don't forget to eat corn, including popcorn, a whole grain.
12. Snack on dried fruit.
13. Eat whole fresh fruits and vegetables.
14. Add wheat bran, wheat germ, flax seeds, flax meal or oat bran to baked goods, cereal, meat loaves and on top of yogurt.

What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.

