



Roughing It

Two Types of Fiber

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Just like the saying ‘no one can eat just one’ the same is true of fiber. There are two types of fiber and each plays a significant role in overall good health. Learn about them both and the foods they are found in.

Insoluble Fiber: This type of fiber is called insoluble because it doesn’t dissolve in water and moves through our bodies more quickly. This is why it’s best known for it’s role in regularity. Insoluble fiber is found in whole wheat flour, nuts, vegetables,

bran and fruits with edible seeds like raspberries.

Soluble Fiber: This type of fiber is called soluble because it dissolves in water and forms a gel. This gel helps lower LDL, “bad” cholesterol, and blood sugar. Soluble fiber is found in oats, legumes, barley, apples, citrus fruits and carrots. Including both types of fiber in your diet is important. Because the amount of fiber varies from food to food, eating a variety of high-fiber foods will help you to meet the recommendation for adults of 25-30 grams of fiber each day.



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Oatmeal helps lower “bad” cholesterol

Your mother always said it stuck to your ribs and was good for you, now science backs her up. Having one bowl of oatmeal each day has been proven to lower LDL or “bad” cholesterol. LDL cholesterol has always been one of the main culprits of Coronary Artery Disease. It accumulates in your arteries and eventually begins to block them. LDL cholesterol lev-



els are directly related to diet and research has shown that a diet high in soluble fiber can help lower your “bad” cholesterol. When you eat soluble fiber, it dissolves in water and turns into a gel. The gel grabs onto the “bad” cholesterol in your body preventing it from sticking to your artery walls. This gives a whole new meaning to the term ‘stick to your ribs.’

Fiber Facts:

- ♥ Insoluble fiber is found in nuts, vegetables, bran and fruits with edible seeds
- ♥ Soluble fiber is found in oats, barley, apples, carrots, and citrus fruits
- ♥ It’s recommended that adults eat 25-30 grams of fiber each day

Fiber Hunt



Find these high-fiber foods in the Fiber Hunt word search. Each food contains 5 grams of fiber or more per serving.

- Pear (5.1 grams)**
- Bran flakes (5.3 grams)**
- Black beans (15.0 grams)**
- Peas (8.8 grams)**
- Lentils (15.6 grams)**
- Brussels sprouts (6.4 grams)**
- Prunes (6.0 grams)**
- Avocado (8.5 grams)**

Answers to last month's Variety is the 'Spice' of Life Crossword Puzzle

Across: 3.Paprika 4. Poppyseeds 7.Curry

Down: 1.Ginger 2. Cinnamon 5. Parsley 6. Salt 7. Cilantro

Quick Fix Recipe of the Month

Carrot Raisin Celery Salad

Yield: 8 servings

Serving Size: 1 Cup

Ingredients:

- 6 cups grated carrots
- 1 cup raisins
- 2 cups sliced celery
- 1/3 cup fat-free mayonnaise

Method:

1. Mix above ingredients and chill at least 1 hour.

Recipe taken from the 'Four Ingredient Cookbook.'



Lou's

Food Safety Tip of the Month— Separate

Keeping foods separate is one of the best ways to avoid cross-contamination. Cross-contamination can occur when foods, like raw chicken, are cut on a cutting board that raw fruits or vegetables are also cut on. Using separate cutting boards for



fruits and vegetables and meats is one of the best safety measures to stop cross-contamination. Different cutting boards help you to prevent certain foods from contaminating others. Always keep raw meats separate from raw fruits and vegetables, this

Nutrition Facts

Serving Size (144g)
Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **16%**

Sugars 17g

Protein 2g

Vitamin A 200% • **Vitamin C** 10%

Calcium 6% • **Iron** 4%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Ask for Meals on Wheels.

Meals on Wheels is funded in part by the Denver Regional Councils of Governments Area Agency on Aging.



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Soluble Fiber Helps Control Blood Sugar

The wonderful benefits of fiber don't end at lowering "bad" cholesterol and regularity. Research has shown that consuming a diet high in soluble fiber actually could delay the onset of Type 2 Diabetes. Soluble fiber helps to regulate blood sugar levels. Once you eat soluble fiber, it dissolves in water and turns into a gel. This gel helps your body to digest carbohydrates more slowly, causing a decrease in insulin production. When you eat a meal high in soluble fiber your blood sugar rises more slowly, which means your body



may not need as much insulin. The higher the amount of fiber in a food you eat, the more slowly you digest it and the more slowly your blood sugar level rises. This is great news for people with Diabetes or Pre-Diabetes to help in their control of blood sugar levels. Adults should aim to eat 25 grams of fiber each day. But remember, increase fiber slowly. Adding too much fiber all at once can cause bloating, cramping and sometimes diarrhea. Speak with your doctor or dietitian to find out if a diet high in fiber is right for you.
