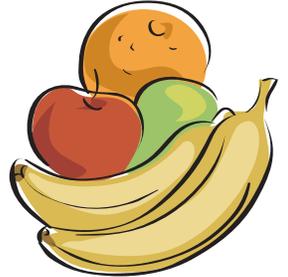


How Much Do You Know About Fiber?



Try these questions:

1. Dietary fiber is found in plant foods (fruits, vegetables, grains and legumes). True False 
2. Getting your fiber from whole fruits, vegetables, grains and legumes also provides many important nutrients for your health. True False
3. You get less fiber from orange juice than from an orange. In general, less processing equals more fiber. True False
4. Soluble fiber can help lower blood cholesterol. True False
5. Insoluble fiber helps the intestine function well. True False

How did you do? All of these statements are true.

Fiber isn't a "miracle food," but adding fiber-rich foods to your diet can have health benefits. High-fiber foods usually are low in calories and inexpensive, too.

The National Cancer Institute recommends getting 20 to 35 grams of fiber per day. Americans, on the average, eat only about 10 to 15 grams of fiber per day.

- Heart-healthy soluble fiber (found in oats, dried beans, barley and fruits) helps lower blood cholesterol and thus helps reduce the risk of heart disease. 
- Insoluble fiber (found in wheat bran, whole-wheat products and vegetables) helps prevent ulcers, constipation, hemorrhoids and diverticulosis.



Try These Simple Steps to Increase Fiber

Remember to increase your fiber intake slowly, and drink plenty of water to avoid digestive upset.

- Choose whole-grain and bran breads. Look for "whole grain" (followed by wheat, oats, etc.) as the first listed ingredient.
- Choose fiber-rich breakfast cereals.
 - The food label can state that a product is "a good source" of fiber if the food has 2.5 grams of fiber per serving.
- Serve whole fruits and vegetables at every meal, and eat the skins and membranes.
- Enjoy more dried beans and peas, such as pinto beans and lentils. 

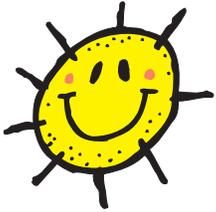
For more information, see www.ag.ndsu.edu/foodwise

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I've been hearing about vitamin D in the news lately. What is it? Where do you get it?

Vitamin D works with calcium and other nutrients to build and maintain strong bones throughout life. Researchers are finding that getting enough vitamin D may play a role in helping prevent certain kinds of cancer, diabetes, multiple sclerosis, depression and several other diseases.



Vitamin D sometimes is called the "sunshine vitamin" because the action of sunlight on our skin causes our body to make vitamin D. Since we in northern climates

cannot depend on the sun for vitamin D year-round, we need to turn to food and dietary supplements.

Vitamin D is available from milk, vitamin D-fortified orange juice, salmon, tuna, herring, sardines, beef liver, egg yolks and fortified cereals. Read Nutrition Facts labels to learn more about your fortified food choices. Check with your health-care provider to learn if you may need a vitamin D supplement.



I eat out quite a bit because I travel for my job. I'm supposed to watch my diet because I'm at risk for heart disease. What can I do?

Eating heart-smart is a good idea for everyone.

Try these tips:

- Enjoy grilled or broiled meat instead of deep-fried or fried.
- Have broth-based vegetable soup instead of cream soups.
- Order a fresh tossed salad with the dressing on the side.
- Order steamed vegetables as your side dish.

February is American Heart Month.

Here's a tasty dessert with the benefit of heart-healthy fiber from the beans and apple sauce. 

BLACK BEAN CHOCOLATE CAKE

- ½ c. applesauce (with no added sugar)
- 1 box Devils Food cake mix (any brand)
- 1 15-ounce can low-sodium black beans (including liquid)
- ½ c. chocolate chips (optional)

- Preheat oven to 350 degrees.
- Spray cake pan with nonstick spray.
- In large bowl, mash black beans and liquid from the can.
- Add the applesauce and cake mix. Using an electric mixer, mix for three minutes on medium speed. Batter will be thick.
- Pour into the prepared pan. If desired, sprinkle the top with chocolate chips.
- Bake for 35 to 40 minutes. Test doneness with a toothpick. If needed, continue baking for five to 10 minutes. Allow cake to cool completely before cutting.

A serving (1/12 of mix) of cake without chocolate chips has 200 calories, 4 grams (g) fat, 40 g carbohydrate and 3 g fiber.

A serving (1/12 of mix) of unfrosted cake made with eggs and butter has 310 calories, 14 g fat, 45 g carbohydrate and 1 g fiber.

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McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition, food purchasing or food safety.



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