

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder of this information for ease of future reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising.

Fiber: Start Roughing It!

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200735

Dear Savvy Senior,

I recently read an article about the amazing health benefits of eating a high fiber diet. What can you tell me about this? How much fiber does one actually need to get, and which foods offer the best source of fiber?

All-Bran Betty

Dear Betty,

Fiber has always been an important part of a healthy diet, but lately, it's been getting a lot more attention. Here's what you should know.

Fabulous Fiber

Fiber does a lot more than just keep us regular. Research shows that it can also help lower cholesterol and reduce your risk of heart disease, diabetes, high blood pressure and gastrointestinal problems like constipation, hemorrhoids, diverticulitis and irritable bowel syndrome. Fiber can even help keep your weight in check by making us feel full. New research, however, indicates that it does not protect against colorectal cancer or polyps.

Found only in plant foods (see www.nationalfiberCouncil.org for a list of high-fiber foods), fiber is the part of the plant that humans can't digest. It's either soluble (which helps you absorb nutrients from food and slows digestion) or insoluble (which helps food pass through the intestines). Most plant foods are a mix of both fibers. Animal products, such as meat, cheese and eggs, don't contain fiber.

Bulk Up

Unfortunately, most Americans don't get enough fiber in their diet. Current recommendations call for adults to get anywhere from 21 to 38 grams of fiber each day. Yet the average American eats only about half that amount. Here are some tips that can help you work more fiber into your diet:

Follow the pyramid

Use the U.S. Department of Agriculture's food pyramid (see www.mypyramid.gov) as your dietary guide. If you eat 2 to 4 servings of fruit, 3 to 5 servings of vegetables, and 6 to 11 servings of cereal and grain foods, as recommended, you should have no trouble getting 25 to 30 grams of fiber a day.

Read the labels

Almost all labels on food products will tell you the amount of dietary fiber in each serving. Foods claiming to be "high in" fiber must contain at least 5 grams of fiber per serving; and foods claiming to be a "good source" must have at least 2.5 grams per serving. Also check the labels to avoid foods high in saturated fats and sodium.

Eat cereal

Start the day with a whole-grain cereal that contains at least 5 grams of fiber per serving. Or eat oatmeal or other whole-grain hot cereal. If you want to make it a breakfast of champions, top it off with some wheat germ, oat bran, ground flax seed, nuts, raisins, yogurt, bananas or berries, all great sources of fiber.

Get whole: Buy 100% whole grain breads, cereals, crackers, tortillas, pastas as well as whole grain flour to bake with. Opt for brown rice instead of white rice. And try barley, buckwheat, bulgur, quinoa, wheat berries, and other whole grains.

Eat beans

Add more beans to your chili, soups and on top of salads and pasta. Choose bean and lentil soups. And try hummus and bean dips instead of cheese or sour cream dips.

Stop peeling: Eat the skins of your potatoes, apples, pears and other fruits and vegetables. Also note that whole fruits contain much more fiber than fruit juices.

Snack smart

Popcorn, whole-grain pretzels and crackers are all good fiber snacks. Dried fruit, such as apricots and prunes, as well as fresh fruit and raw vegetables also provide a high fiber option.

Take a supplement

Fiber supplements are another way to get some additional fiber into your diet, but don't substitute it for fiber rich foods. (Note: Some fiber supplements can interfere with prescription medications. Check with your doctor.)

Savvy Tips: When adding fiber to your diet, it's best to do so gradually to allow your digestive system to adjust, and be sure to drink plenty of water too