



Right Bite!

A Newsletter for Healthy Eating

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Fiber...Are You Getting Enough?

What is fiber?

Fiber is found in all plants that are eaten for food, including fruits, vegetables, grains, and beans and peas. It is a type of carbohydrate that our bodies can't digest. Animal foods do not have fiber, so you can *only* get fiber in your diet by eating plant foods.

Why eat fiber?

Fiber is an important part of a healthy diet. It has been shown to reduce the risk of heart disease, diabetes and certain intestinal problems. It also helps to keep you regular!

Did you Know?

Adults need 20 to 35 grams of fiber each day, but most only get 10 to 15 grams.

How much fiber is in...

Navy beans, cooked, ½ cup	9.5 grams
Bran cereal, ½ cup	8.8 grams
Kidney beans, cooked, ½ cup	8.2 grams
Black-eyed peas, cooked, ½ cup	5.6 grams
Sweet potato, baked with skin	4.8 grams
Potato, baked with skin	3.8 grams
Apple with skin, raw, medium	3.3 grams
Banana, medium	3.1 grams
Orange, raw, medium	3.1 grams
Collards, cooked, ½ cup	2.7 grams

Right Bite Recipe

Red Beans & Rice

Ingredients:

1 can (15 oz) red beans, rinsed and drained
1 can (14 ½ oz) stewed tomatoes
1 ½ cups instant brown rice
¾ cup salsa
1 cup water
4-5 drops hot sauce
1 teaspoon cumin
½ cup reduced-fat cheddar cheese

Number of servings:	4
Calories:	280
Grams of fiber:	8
Grams of Fat:	3
Grams of carbohydrate:	50
Grams of protein:	15
Milligrams of sodium:	900

Directions:

1. Mix all of the ingredients in a large casserole dish (except cheese).
2. Cover and bake for 50 minutes. Add cheese the last 5 minutes of cooking.
3. Serve with a green salad and fruit.

Add more fiber to your diet by...

- ▶ Choosing brown rice and whole-grain foods instead of white rice, bread and pasta.
- ▶ Eating whole fruits instead of drinking fruit juices.
- ▶ Choosing whole-grain cereals or oatmeal for breakfast.
- ▶ Eating raw vegetables for snacks instead of crackers, chips or candy.
- ▶ Replacing meat with beans 2-3 times a week in soups, chili, casseroles and salads.

Focus on Fiber!

The foods listed below are good sources of fiber. Can you find them in the puzzle?

-  Oatmeal
-  Fruits
-  Veggies
-  Nuts
-  Beans

Z W E G P O T I N A Z O R I Z
N G O X Y H O F S N E P W G T
X C A K T K R N M B A Y G X W
V F D D O U P Y F T T P U O S
G A V T I G N C W V F O S N H
Z U P T S G V D X R G K U T G
Z A S Y B K R K Q C B H J A J
E F P X O N Q O H B L E Z S R
Q F D D X N R N E A T Q E E B
S T U N F R C A E X H I U A W
I J P A L P N M L P G H D N Z
X K Z R Q S T L E G E P O S W
U T Z X M A F Z E I D I I V T
K F S V O E E V X Z Z L B P H
Z N D S S V P Z K Q R J W X L

Food Safety Corner



Kitchen Cleanliness

- Replace dishcloths and dishtowels daily. They should be washed in your washing machine on **HOT!**
- Sanitize sponges daily with a diluted bleach (1 teaspoon of chlorine bleach to one quart of water).
- Wash counters, utensils and can openers with soap and hot water immediately after using.
- Clean up any spills in the refrigerator right away! Wash shelves and doors every week using the diluted bleach solution.



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For more information about food, nutrition, or health, contact your local County Extension Office.



Make a List - save time AND money!

Helpful hints for making a grocery list:

- Keep paper and pencil in the kitchen. You can write down things you need when you think of them.
- Check your kitchen cabinets and refrigerator as you make your list.
- Organize the list the same way the grocery store sections are laid out. You'll save time and won't forget items when you shop.
- Look at the newspaper and ads for sales and coupons.