Rough Up Your Diet  
Fit More Fiber Into Your Day

Fiber—you know it’s good for you. But if you’re like many Americans, you don’t get enough. In fact, most of us get about half the recommended amount of fiber each day.

“High fiber intake seems to protect against several heart-related problems...”

Dietary fiber is found in the plants you eat, including fruits, vegetables, and whole grains. It’s sometimes called bulk or roughage. You’ve probably heard that it can help with digestion. So it may seem odd that fiber is a substance that your body can’t digest. Much of it passes through your digestive system practically unchanged.

“You might think that if it’s not digestible, then it’s of no value. But there’s no question that higher intake of fiber from all food sources is beneficial,” says Dr. Joanne Slavin, a nutrition scientist at the University of Minnesota.

The focus should be more on eating diets that are rich in whole grains, legumes, beans, vegetables, fruits, nuts, and seeds to get the daily fiber requirement.

Whole grains, fruits, and vegetables are also packed with vitamins and other nutrients, so experts recommend that you get most of your fiber from these natural sources.

For people who have trouble getting enough fiber from natural sources, store shelves are filled with packaged foods that tout added fiber. These fiber-fortified products include yogurts, ice cream, cereals, snack bars, and juices. The bottom line is that most of us need to fit more fiber into our day, no matter what the source.

Increase your fiber intake gradually, so your body can get used to it. Adding fiber slowly helps you avoid gas, bloating, and cramps. Eat a variety of fruits, vegetables, whole grains, and nuts to add a mix of different fibers and a wide range of nutrients to your diet. A fiber-rich diet can help your health in many ways.

Experts say that the type of fiber you eat is less important than making sure you get enough overall.

“Different types of fiber can affect your health in different ways. That’s why the Nutrition Facts labels on some foods may list two categories of fiber: soluble and insoluble. Soluble fiber is found in oats, beans, peas, and most fruits. Insoluble fiber is found in wheat bran and some vegetables.

Some of fiber’s greatest benefits are related to cardiovascular health. Several large studies have found that people who eat the most fiber had a lower risk for heart disease. High fiber intake—particularly soluble fiber—seems to protect against several heart-related problems.

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How can you focus on fiber for better health?

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IT’S TIME TO GET MOVING! MARCH 2020

Student ON THE MOVE Kicks Off
The VCSU track team members recently helped kick off Student ON THE MOVE which started Sunday, March 1st and runs until Saturday, March 28th. It is offered during the 4 weeks of March to over 900 kindergarten through grade 6 students in all schools in Barnes County.

The goal of the program is to encourage k-grade 6 students to do 60 minutes of exercise on at least 5 days of the week for a total of 300 minutes a week or ideally on 7 days of the week for a total of 420 minutes a week. Parents are also encouraged to exercise with their children throughout the program! The VCSU athletes visit each school to encourage the students to get active and meet their goals.

The students love meeting these local celebrities! The athletes share what it is like to be on a college team and the amount of time they spend at practice throughout the year. Then they invite the students to do some of their warm-up exercises with them. They also share good nutrition habits with each class.

TROPICAL COLESLAW

Ingredients:
1 medium banana, sliced
2 tbsp lemon juice
3 cups shredded cabbage
20 oz can pineapple tidbits, drained
1 celery rib, chopped
11 oz can mandarin oranges, drained
1/2 cup golden raisins
6 oz container nonfat lemon yogurt
1/2 cup coarseley chopped walnuts or almonds

Directions:
In small bowl, toss banana slices in lemon juice. In large bowl, combine cabbage, pineapple, celery, oranges and raisins. Drain bananas, discard juice. Add bananas, yogurt and nuts to cabbage mixture. Toss to coat. Serve immediately.

Nutrition information: Yields 8 servings. 1 serving = 1 cup
Calories: 180, Fat: 4g, Fiber: 3g, Protein: 4g, Carbs: 34g

Incentive Gifts Now Available
ON THE MOVE members who have their membership paid by their employer will have their incentive gifts delivered to their workplace. These include: Barnes County, Barnes County Senior Citizens, Abused Persons Outreach Center, CHI Mercy Health, City-County Health District, VCSU, Open Door Center, and St. Catherine School. ON THE MOVE members who paid their own membership fee can pick up their incentive gifts from the front desk of Gauker Wellness Center. Thank you to everyone who felt the community spirit and joined ON THE MOVE this year!

WISE CHOICES: Simple Tips for More Fiber

Bulk up your breakfast. Choose a high-fiber cereal (5 or more grams per serving) or make a bowl of oatmeal and top it with nuts and fruit.

Switch to whole grains. Look for bread that lists whole-grain flour as the first ingredient.

Add a non-starchy vegetable. Keep a bag of frozen mixed vegetables, spinach, or broccoli florets for a quick addition to any pasta sauce or rice dish. Start dinners with a tossed salad.

Don’t forget legumes. Try peas, a variety of beans (pinto, kidney, lima, navy, and garbanzo), and lentils.

Snack on fruit, nuts, and seeds. Grab a piece of fruit such as an apple, pear, or banana. Keep some almonds, sunflower seeds, and pistachios handy. Low-fat popcorn or sliced vegetables and hummus also make a great snack.

BONUS RECIPE!

Taco Seasoning

Ingredients:
4 tsp dried minced onion
3 tsp chili powder
1 tsp cumin
1 tsp garlic powder
1 tsp ground cumin
1/2 tsp dried oregano

Directions:
Combine in a small bowl. Store in an airtight container in a cool, dry place up to 1 yr.

ON THE MOVE | 415 2nd Ave NE | 701.845.8518 | www.barnesonthemove.org