

Fiber

What is Fiber?

- *Soluble Fiber:* The gel-forming type: oats, nuts, seeds, beans, strawberries, and some vegetables
- *Insoluble Fiber:* The bulk-forming type: whole wheat, whole grain, and some vegetables

What's in it for me?

- Feel fuller longer with fewer calories
- Maintain a healthy body weight
- Reduce risk of disease
- Improve regularity of bowel movements

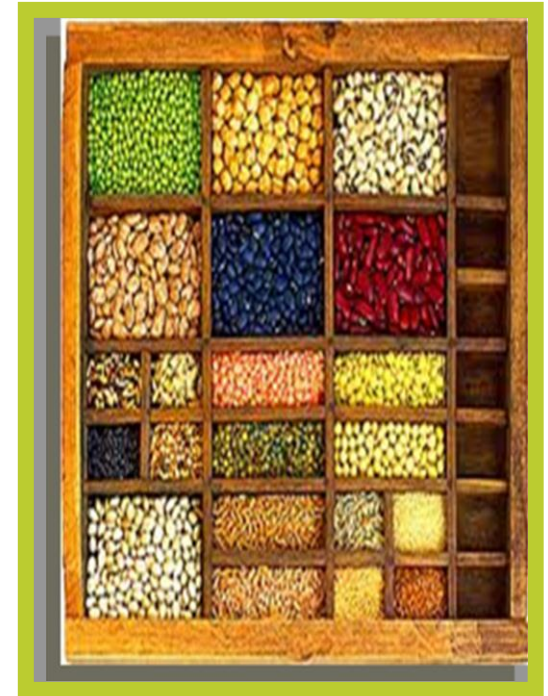
How much fiber do I need

- ❖ 25 grams for women
- ❖ 38 grams for men
- ❖ Over age 50
 - 21 grams for women
 - 30 grams for men.

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Calcium & Fiber

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Calcium Rich and Delicious!

Food Sources

- ❖ Broccoli
- ❖ Collard Greens & Kale
- ❖ Dry Beans
- ❖ Sesame Seeds
- ❖ Molasses
- ❖ Soymilk
- ❖ Almonds
- ❖ Orange Juice
- ❖ Dairy Milk

What's in it for me?

- ❖ **Decrease your risk!!**
 - ✓ Bone fracture
 - ✓ Heart disease
 - ✓ High blood pressure
 - ✓ Diabetes

How Much do I Need?

- ❖ *Under age 51 → 1000mg*
- ❖ *Over age 51 → 1200mg*



Double Sesame Kale Salad

Ingredients

- ❖ 1-2 bunches kale (enough to make 8 cups chopped)
- ❖ 3 Tablespoons brown rice vinegar
- ❖ 1 Tablespoon honey (or agave nectar)
- ❖ 1 Tablespoon dark sesame oil
- ❖ 1 Tablespoon sesame seeds
- ❖ Braggs™ amino acids or Low Sodium Soy Sauce, to taste

Directions

1. Remove kale leaves from stems. Discard stems and finely chop kale leaves.
2. Put chopped kale in large bowl and pour on remaining ingredients. Mix thoroughly.

How to Make Dried Beans:

1. Soak beans in a full pot of water for 6-8 hours
2. Drain soaking water and add about 3 times the water as you have beans (1c bean-3 c water)
3. Heat on low to medium heat 1 hour

Easy TIPS to sneak Calcium and Fiber into your diet:

- ❖ Buy dried beans in bulk- they are very cheap and can be made in large batches and frozen in bags or Tupperware for one!
- ❖ Add leafy greens like spinach or kale to soups, salads, pasta dishes, smoothies or scrambles
- ❖ Buy frozen chopped spinach to get more for your money.
- ❖ Read ingredients labels and choose “whole” grain over “enriched” products