



## Fit For Life: A Family Approach

# Eating High Fiber Foods

By Kathleen M. Stadler and Joan C. Elledge\*

Fit For Life: A Family Approach is a nutrition series for families. The information, challenges, games, puzzles, and food preparation suggestions are designed to encourage you and your family to discuss daily habits that promote good health.

Read the publication, solve the puzzles, and play the Table Talk Challenge with your family. Become a "Fit for Life Family!" and meet the Virginia Cooperative Extension's challenge!

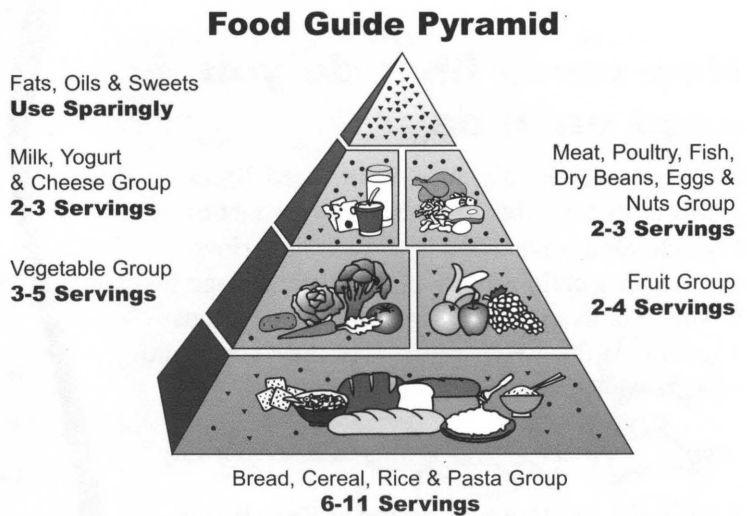
- 🍏 Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods
- 🍏 Eat 2 Servings of Calcium Rich Foods
- 🍏 Be Physically Active
- 🍏 Handle Food Safely

Your challenge is to help your family eat a variety of fruits, vegetables, and whole-grain foods each day to get fiber into their diets.

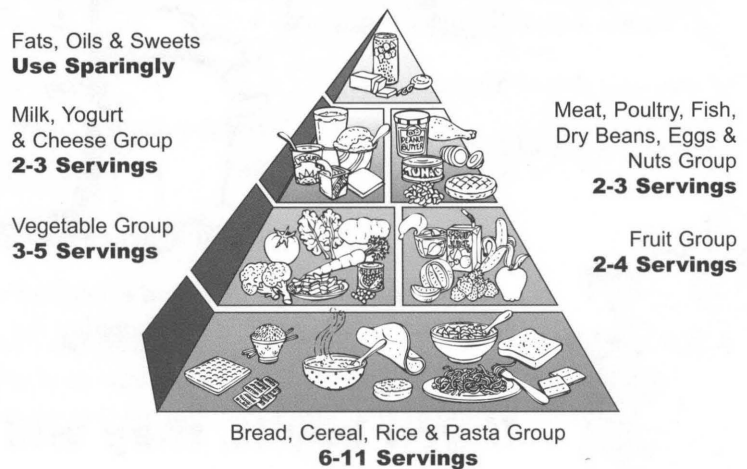
### Why Does Your Family Need Fiber?

Your family's good health does not just happen. Every family member must be encouraged to make good food choices every day. Plan meals and snacks with a variety of lowfat, high-fiber vegetables, fruits, dried beans, seeds, and whole-grain foods. It is important for a healthy digestive system. Every day, drink plenty of water and do physical activities to stay regular. Fiber-rich foods may lower blood cholesterol, which may decrease your risk for heart and artery disease. Also, lowfat, high fiber foods may reduce the risk of certain cancers, obesity, and diabetes.

\*Assistant Professor, Extension Specialist, Nutrition; Assistant Program Coordinator, EFNEP & FSNEP, respectively; Dept. of Human Nutrition, Foods and Exercise; Virginia Tech.



### Food Guide Pyramid for Young Children



LD  
5655  
A1162  
No. 348-  
929  
2004  
c. 2

Fiber or roughage is found only in plant foods. There is no fiber in meat, fish, poultry, eggs, or dairy products. Plants have two types of fiber - insoluble and soluble. Insoluble fiber is an indigestible part of the plant that is tough and chewy to eat. It cannot be digested and helps food to pass through the digestive system quickly. Soluble fiber acts like a sponge. It absorbs liquid and increases the water content of the waste (feces) making it easier to expel.



Fiber is found in these four food groups in the Food Guide Pyramid. The National Cancer Institute developed the "5 A Day" programs to encourage Americans to eat at least five servings of fruits and vegetables each day. All fruits, vegetables, and dried beans and peas are great sources of fiber, especially when you eat the skins and membranes.

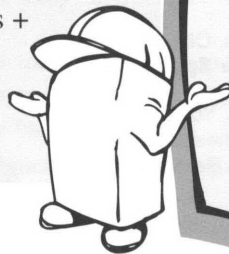
## How much fiber do you need each day?

Fiber is measured in grams. Adults need 20-35 grams of dietary fiber each day. The amount of fiber children need depends on their age. How much fiber a child needs is figured by the "age + 5" rule. For example, an 8-year old plus 5 needs 13 grams of fiber. How much fiber does your child need? Simply complete this formula:

Age: \_\_\_\_\_ + 5 = \_\_\_\_\_ grams of fiber per day

Adults can get about 20 grams of fiber if you choose at least:

- 3 Servings a day of Whole-Grain Foods +
- 3 Servings a day of Vegetables +
- 2 Servings a day of Fruits



*"Eat at least one high fiberfood every day!  
The foods in bold print in the shopping list  
are high fiber foods."*

## If you buy it, they will eat it!

Your family cannot eat what they don't see. Make your shopping list to include a variety of fruits, vegetables, dried beans and peas, and whole-grain foods. Here is a list of ways to increase fiber in your family's meals. Remember to buy store and in-season specials. Take a shopping list and shop alone to stay on your food budget! It takes a plan to buy the best foods for the best prices.

## Ways to Increase Fiber in Your Family's Diet

Circle the foods you will put on your shopping list to increase the fiber in your family's meals and snacks. Next, place a check by 2 new foods that you will try in the future!

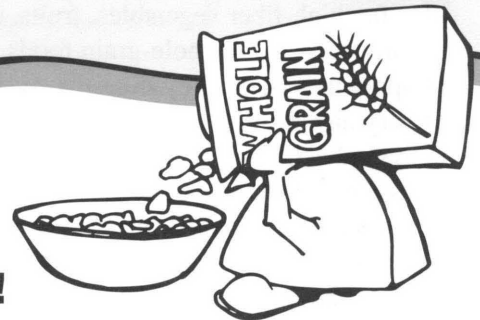
**Buy more whole-grain breads, crackers, rice, & pasta:** whole wheat, rye, or pumpernickel breads; corn bread; **all-bran muffins; oat bran muffins;** whole wheat bagels, whole wheat English muffins; **whole wheat crackers; brown rice; barley;** whole-wheat pasta or macaroni, & whole wheat pizza crust.

**Buy more whole-grain ready-to-eat cereals and breakfast foods:** 100% bran cereals, **bran flake cereals, shredded wheat cereals, low-fat granola, oatmeal,** whole-grain pancakes and waffles.

**Buy More Fruits:** Apples, Apricots, Bananas, Berries, Cantaloupes, Grapes, **Grapefruit,** Honeydew, Kiwi, **Mangos,** Nectarines, **Oranges,** Peaches, **Pears,** Pineapples, Plums, **Prunes,** Raisins, and Watermelons.

**Buy More Vegetables:** Asparagus, Bean Sprouts, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, **Corn,** Cucumbers, **Dried Beans and Peas,** Eggplant, Greens, Green Beans, Lettuce, Mushrooms, Okra, Onions, **Peas, Potatoes with skins,** Pumpkin, Spinach, **Soybeans, Sweet Potatoes,** Tomatoes, Turnips, **Winter Squash,** and Zucchini.

**Buy More Dried Beans and Peas & Seeds:** baked beans, bean chili, bean tacos, three bean salads, bean dips, soynuts, pumpkin seeds, & sunflower seeds.





Discover the many different types of dried beans and peas you can buy. Circle the names of 8 different dried beans and peas in the border.

ALLKWEBLACKEYEDPEASKMNB LIMAKIDNEY  
 PQURTPINTOJHGICHICKPEASRWQLENTILSOR  
 SPLITPEASRKLBSOYBEANSAREGREAT

## Two Ways to Soak Beans

### Overnight soak method

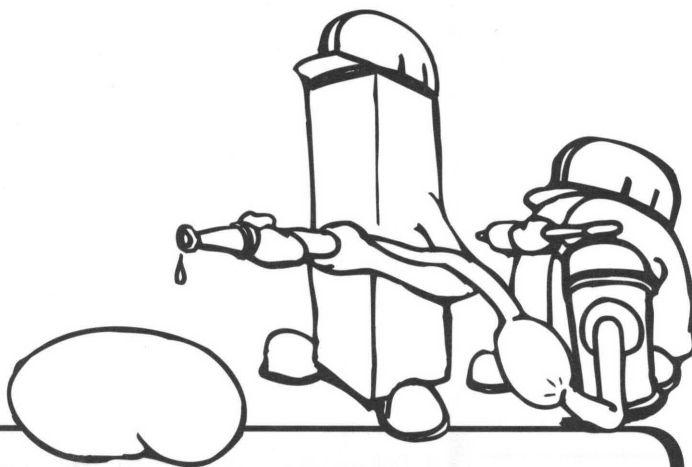
- Pick out damaged beans or stones. Rinse beans in cold water.
- Put 1 pound of beans in a large pan and cover with 6 cups of lukewarm water.
- Cover pan and refrigerate overnight or for 8 hours.
- Drain the beans, rinse, and cover with fresh cold water.
- Cook on low heat until beans are tender. Drain.

### Short soak method

- Pick out damaged beans or stones. Rinse beans in cold water.
- Put 1 pound of beans in a large pan and cover with 6 cups of lukewarm water.
- Boil beans uncovered for 2 minutes, remove from heat.
- Cover and let stand 1 hour. Drain the beans.

### Plan for the Cooking Times for 1 pound:

Type of Beans	Amount of Water	Approximate Cooking Time
Lima Beans	5 cups	1 hour
Navy Beans	6 cups	1 1/2 to 2 hours
Kidney or Pinto Beans	6 cups	2 hours
Soybeans	8 cups	2 to 3 hours



### Range Top Baked Beans

6 servings, about 1/2 cup each

- |   |                               |
|---|-------------------------------|
| 1 3/4 cups dry beans, Navy                        | 1/2 cup brown sugar, packed   |
| 4 1/2 cups water                                  | 1/2 cup catsup                |
| 1/4 cup onion, chopped                            | 1 tablespoon prepared mustard |
| 1/2 cup cooked smoked pork shoulder or turkey ham |                               |

Soak beans overnight, using 4 1/2 cups water. Drain and rinse beans. Cover with fresh water. Add meat and bring to a boil. Cover and simmer on low heat until beans are tender, 1 1/2 to 2 hours. Do not stir. Add remaining ingredients. Simmer 35 minutes, or until beans are soft but not mushy. Stir only to prevent sticking.

Refrigerate leftovers.

Nutrition information: 195 Calories, 3g Dietary Fiber, 9g Protein, 39g Carbohydrates, 1g Fat, 3mg Iron, 526mg Sodium, 62mg Calcium, 23RE Vitamin A, 5mg Vitamin C

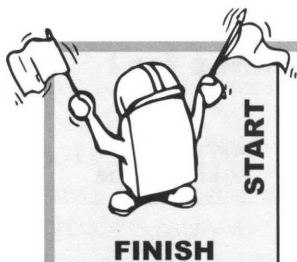
Source: Williams, C. (October, 1995). Importance of Dietar), Fiber in Childhood. Journal of the American Dietetic Association.

Answers: Black-eyed Peas, Lima, Kidney, Pinto, Chick Peas, Lentils, Split Peas & Soybeans

# Table Talk Challenge

## Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer, then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.



### Game moves:

- 🍎 Did you eat at least 6 servings of different foods from the Bread, Cereal, Pasta & Rice group today? Move 2 spaces, if you did. Bonus: Move 1 extra space for each whole grain food you ate today. (See page 2)
- 🍎 Did you choose to eat a high fiber food instead of a high fat or sugar food? If yes, move 2 spaces. If no, move back 2 spaces.
- 🍎 Did you eat the minimum number of servings from all 5-food groups? If yes, move 5 spaces. If no, move backward 3 spaces.
- 🍎 Did you eat 2 servings of fruit today? If yes, move 2 spaces. Bonus: Move 1 extra space, if it was a high fiber fruit. (See page 2)
- 🍎 Did you eat a vegetable or fruit for a snack today? If yes, move 3 spaces.
- 🍎 Did you eat dried beans or peas today? If yes, move 4 spaces. If no, move back 2 spaces.
- 🍎 Did you eat 3 servings of vegetables today? If yes, move 2 spaces.
- 🍎 Did you drink water today? If you drank at least 4 glasses of water, move 1 space. If you drank more than 4 glasses of water, move 2 spaces.
- 🍎 Name the foods that you ate for dinner. Did you eat at least 3 different colored foods for dinner? If yes, move 2 spaces! If no, move back 3 spaces!
- 🍎 Did you eat a donut today? If yes, move backward 3 spaces. If no, move forward 2 spaces.
- 🍎 Did you eat a snack today that was a good source of fiber? If yes, move 2 spaces.
- 🍎 Did you eat the 5 A Day Way - 5 fruits and vegetables in one day? If yes, move 5 spaces! If no, move backward 3 spaces.
- 🍎 Today did you eat more whole grain foods than white flour foods? If yes, move 2 spaces. If no, move backward 2 spaces.
- 🍎 Before eating or preparing fresh, raw fruits, everyone needs to wash them. Did you wash all your fruits today? If yes, move 1 space. If no, move back 2 spaces.
- 🍎 Did you take a walk or perform another physical activity for 15-20 minutes today? If yes, move 2 spaces. Good Job!
- 🍎 Did you eat and/or prepare foods with less fat today? If yes, move 1 space.

