Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

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.

Bulk Up Your Diet With Fiber

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

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact *https://access.arkansas.gov/*.

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 two to three 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

Right Bite Recipe

Red Beans and Rice

Ingredients

1 can (15 ounces) red beans, rinsed and drained
1 can (14½ ounces) stewed tomatoes
1½ 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 (except cheese) in a large casserole dish.
2. Cover and bake for 50 minutes at 350 degrees. Add cheese the last 5 minutes of cooking.
3. Serve with a green salad and fruit.

Food Safety Corner

Kitchen Cleanliness

- Replace dishcloths and dish towels daily. They should be washed in your washing machine on HOT!
- Sanitize sponges daily with a diluted bleach (one 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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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 newspaper ads for sales and coupons.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.

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