



*Photo courtesy of Pixabay*

## **EAT WELL, AGE WELL. FIBER**

### **WHAT ARE WAYS TO INCLUDE FIBER IN YOUR DIET?**

Fiber is a component of many different foods that include fruits, vegetables, legumes, whole grains, nuts, and seeds. According to the Academy of Nutrition and Dietetics, Americans eat around 17 grams of fiber every day, and it is estimated that only 5% of the population get their adequate intake. It is recommended that women get 25 grams every day while men should get 38 grams daily. This value is determined based on the amount that is protective against coronary heart disease. Eating a high fiber diet helps to prevent type 2 diabetes, some cancers, weight gain, and digestive problems. Some high fiber foods include raspberries, which have nearly 8 grams of fiber in a 1 cup serving. This makes it one of the highest fiber contents of commonly eaten fruits! Blackberries are also very high in fiber, containing 7.5 grams of fiber per cup. As for vegetables, one cup of broccoli has 5 grams of fiber and brussel sprouts have 4 grams per cup. Also, a 1 cup serving of cooked sweet potatoes without the skin has 6.5 grams of fiber. Overall, there are a lot of different ways to include fiber in your diet that are both delicious and easy to prepare!

### **WEEKLY CHALLENGES**

**MEASURE YOUR DAILY INTAKE OF FIBER 3 DAYS**

**TRY INCLUDING AN ADDITIONAL 10 GRAMS OF FIBER INTO YOUR DIET 2 DAYS THIS WEEK**

**SNACK ON SOME RASPBERRIES**

**SLOW ROAST VEGGIES WITH DINNER**

### **DID YOU KNOW?**

**COOKED VEGGIES HAVE JUST AS MUCH FIBER AS RAW VEGGIES**

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

### **Week 1:** Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Fiber*
- Placemat/handout for *Fiber: Fiber Filled Fruit*
- Table Tent- *Berries (5 x 7)*
- Table Tent- *Fruit (5 x 7)*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*

### **Week 2:** Give out/Post

- Placemat/handouts for *Fiber: Lovely Legumes and Lentils*
- Table Tent- *Beans & Legumes (5 x 7)*

### **Week 3:** Give out/Post

- Placemat/handouts for *Fiber: Why Whole Grains?*
- Table Tent- *Whole Grains (5 x 7)*

### **Week 4:** Give out/Post

- Placemat/handout for *Fiber: Switch it up with Sweet Potatoes*
- Table Tent- *Avocados (5 x 7)*
- Table Tent- *Veggies (5 x 7)*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)