

## EAT WELL, AGE WELL. FIBER

### FIBER FILLED FRUIT

THERES NO BETTER WAY TO START YOUR DAY THAN WITH SOME FIBER! TRY THIS RECIPE FOR A DELICIOUS AND NEW WAY TO ENJOY YOUR BREAKFAST.

YOU CAN CREATE THIS RECIPE WITH WHATEVER BERRIES AND FRESH FRUIT YOU HAVE ON HAND.

NOT SURE WHERE TO GET CHIA, HEMP AND FLAX SEEDS? JUST LOOK FOR THEM AT ANY GROCERY STORE OR NATURAL FOOD STORE. IF YOU CAN'T FIND THEM, ASK AN EMPLOYEE.

NOT ONLY IS THIS RECIPE HIGH IN FIBER BUT IT IS HIGH IN FATTY ACIDS AS WELL. WHICH MEANS, IT CAN BOOST YOUR BRAIN HEALTH!

**\*THIS BREAKFAST BOWL HAS 21.6 GRAMS OF FIBER**



### Fiber Starter Breakfast Bowl

#### Ingredients:

- ½ cup berries or chopped apple
- 2 tbsp. hemp seeds
- 2 tbsp. chia seeds
- 2 tbsp. sunflower seeds
- 1 tbsp. ground flax seeds
- 2 cups almond milk

### Directions

1. Combine ingredients into a bowl.
2. Pour almond milk on top.
3. Let sit for 2 to 3 minutes. This allows for the seeds to absorb the milk.

Source: <https://yurielkaim.com/healthy-breakfast-bowl/>



Photos courtesy of Pixabay

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## LOVELY LEGUMES & LENTILS!

DID YOU KNOW? DRIED BEANS, DRIED PEAS AND LENTILS CAN BE PULSED IN A FOOD PROCESSOR FOR A DELICIOUS FIBER FILLED BASE FOR MANY THINGS. BLEND THEM INTO SWEETS/DESSERTS, MEATLOAF, OR USE THEM AS DIPS.

A HALF CUP SERVING HAS APPROXIMATELY 7 GRAMS OF FIBER!

HUMMUS: MAKE YOUR OWN OR PURCHASE AT THE STORE. TWO TABLESPOONS HAS 4 GRAMS OF FIBER.

BEANS CAN ALSO BE MIXED WITH SALSA TO BOOST YOUR FIBER INTAKE IN A TASTY WAY.

TRY THIS SIMPLE RECIPE FOR A YUMMY, HIGH FIBER BEAN DIP. IT IS GREAT AS A SPREAD ON WRAPS OR SANDWICHES OR AS DIP FOR VEGGIES!



### High Fiber Bean Dip

#### Ingredients:

- 1 clove garlic or 2 teaspoons minced
- 2 cans of prepared beans of your choice- drained. You can combine different types of beans if you like, example black beans and kidney beans or 2 cans of the same bean.
- 4 tbsp. lemon juice
- 1 jalapeno pepper (if desired)
- 2 tbsps. Tahini Sauce or Paste (if desired)
- 2 tbsp. extra virgin olive oil
- ½ tbsps. curry powder
- ½ tbsp. cayenne pepper
- ½ tbsps. coriander
- ½ tbsps. turmeric

## Directions

1. Put all ingredients into a food processor and pulse until smooth.
2. Enjoy with some fresh veggies or whole grain crackers.
3. Be sure to refrigerate the leftovers.

Adapted from Source: <http://www.sofabfood.com/high-fiber-low-calorie-bean-dip/>



Photos courtesy of Pixabay

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## WHY WHOLE GRAINS?

THERE ARE MANY KINDS OF WHOLE GRAINS AND THEY ALL HAVE DIFFERENT AMOUNTS OF FIBER.

RYE IS A GREAT OPTION. CONSIDER TRYING RYE CRACKERS FOR AS MUCH AS 2 GRAMS OF FIBER PER CRACKER!

ADD BARLEY TO SOUPS AND STEWS. A ½ CUP SERVING HAS ABOUT 3 GRAMS OF FIBER.

SOME OTHER WHOLE GRAIN OPTIONS ARE BULGUR WHICH HAS 4 GRAMS OF FIBER PER ½ CUP SERVING, WHOLE-WHEAT PASTA WHICH IS 2 GRAMS OF FIBER PER ½ CUP SERVING AND WHEAT BERRIES WHICH HAVE 4G OF FIBER PER ½ CUP SERVING.

TRY ADDING CRUSHED, DRY WHOLE GRAIN CEREAL TO ITEMS LIKE MEATBALLS, MUFFINS AND BANANA BREAD.



Photo by Lindsay VanKampen

## Herbed Quinoa

### Ingredients:

#### Quinoa:

- 2 ¾ cups low-sodium chicken or veggie stock
- ½ cup fresh lemon juice
- 1 ½ cups quinoa (dry)

#### Dressing:

- ½ cup extra-virgin olive oil
  - ¼ cup fresh lemon juice
  - ¾ cup chopped fresh basil leaves
  - ¼ cup chopped fresh parsley leaves
  - 1 tablespoon chopped fresh thyme leaves
  - 2 tablespoons lemon zest
  - Kosher salt and freshly ground black pepper
- \*1 cup of cooked quinoa has 5.2 g of fiber

## Directions

1. Add the stock, lemon juice and quinoa to a medium sized saucepan. Bring to a boil.
2. Reduce heat to a simmer and cover the pan. Cook for about 12 to 15 minutes until the liquid is absorbed.
3. Begin the dressing while the quinoa simmers.
4. Mix together olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Add salt and pepper to taste.
5. Pour the dressing over the quinoa and toss the ingredients.
6. Can be served hot or chilled.

Adapted from source:

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/herbed-quinoa-recipe-2012212>

## SWITCH IT UP WITH SWEET POTATOES!

SWEET POTATOES ARE FILLED WITH FIBER. JUST ONE CUP IS PACKED WITH 6.5 GRAMS!

SWEET POTATOES ARE ALSO HIGH IN VITAMIN A AND POTASSIUM.

YOU CAN EAT SWEET POTATOES IN MANY DIFFERENT WAYS.

SUBSTITUTE SWEET POTATOES FOR REGULAR POTATOES IN ANY RECIPE. OTHERWISE, THEY ARE GREAT BOILED, BAKED, STEAMED ROASTED OR FRIED!

TRY THIS RECIPE AS A SIDE OR APPETIZER TO CREATE A DELICIOUS AND NUTRITIOUS MEAL.

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Photo by Pam VanKampen

## Baked Sweet Potato Sticks

### Ingredients:

- 1 tablespoon olive oil
- ½ teaspoon paprika
- 8 sweet potatoes, sliced lengthwise into quarters

### Directions

1. Preheat oven to 400 °F
2. Lightly grease a baking sheet.
3. Mix olive oil and paprika in a large bowl.
4. Add in potato wedges, and stir by hand.
5. Place on prepared baking sheet.
6. Bake 20 minutes or until done, depends on how thick you cut the potatoes.
7. Enjoy!

Adapted from Source: <http://allrecipes.com/recipe/13517/baked-sweet-potato-sticks/?internalSource=staff%20pick&referringId=782&referringContentType=recipe>