Become More Healthy in the Foods You Eat - Fiber

Why worry about eating enough fiber?
Fiber is good for you because it:
- may help lower your cholesterol number
- helps prevent constipation, hemorrhoids, diverticulosis, and irritable bowel syndrome
- helps maintain lower blood sugar levels in people with diabetes
- makes you eat slower, so you may not overeat

What is fiber?
Fiber is the part of plants you cannot digest. Sometimes fiber is called roughage, bulk, or bran.

What foods have fiber?
All vegetables, fruits, and whole grain foods have fiber in them. In fact, fiber is ONLY found in food from plants. Here is a list of some foods with fiber.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Cereals/Grains</th>
<th>Fruits</th>
<th>Nuts/Seeds*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans–kidney, lima, pinto</td>
<td>Whole grain bread</td>
<td>Apple, with skin</td>
<td>Almonds</td>
</tr>
<tr>
<td>Peas</td>
<td>Whole grain cereal</td>
<td>Blackberries</td>
<td>Chestnuts</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cereal with added fiber</td>
<td>Grapefruit</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Brussel sprouts</td>
<td>Brown rice</td>
<td>Peach</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Whole wheat noodles</td>
<td>Pear</td>
<td>Squash seeds</td>
</tr>
<tr>
<td>Corn</td>
<td>Whole grain crackers</td>
<td>Prunes</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Greens–collard, mustard, &amp; turnip</td>
<td>Raspberries</td>
<td></td>
<td>Sesame seeds</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acorn squash</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
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<td></td>
<td></td>
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<tr>
<td>Summer squash</td>
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</tbody>
</table>

*These are also high in fat.
Source: NC Cooperative Extension

Tex-Mex Taco Salad

1/2 cup prepared salsa
2 T reduced-fat sour cream
1/2 t canola oil
1 small onion, chopped
2 cloves garlic, minced
8 ounces lean ground beef or turkey
1 large plum tomato, diced
1/2 cup canned kidney beans, rinsed
1 t ground cumin
1 t chili powder
1/8 t salt, or to taste
2 T chopped fresh cilantro
4 cups shredded romaine lettuce
1/4 cup shredded sharp Cheddar cheese

Combine salsa and sour cream in a large bowl. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1-2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3-5 minutes. Add tomato, beans, cumin, chili powder and salt; cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from heat, stir in cilantro and 2 tablespoons of the salsa mixture. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.
Calcium and Bone Health

Bones play many roles in the body. They provide structure, protect organs, anchor muscles, and store calcium. Adequate calcium consumption and weight bearing physical activity build strong bones, optimizes bone mass, and may reduce the risk of osteoporosis late in life.

**Calcium**

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must be absorbed through food. Good sources of calcium include:

- Dairy products – *low fat or nonfat milk, cheese, and yogurt*
- Dark green leafy vegetables – *bok choy and broccoli*
- Calcium fortified foods – *orange juice, cereal, bread, soy beverages, and tofu products*
- Nuts – *almonds*

Recommended amount of calcium vary for individuals. Below is a table of adequate intakes as outlined by the National Academy of Science:

<table>
<thead>
<tr>
<th>Age</th>
<th>Amount mg/day</th>
<th>Age</th>
<th>Amount mg/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth – 6 months</td>
<td>210</td>
<td>31 – 50</td>
<td>1000</td>
</tr>
<tr>
<td>6 months – 1 year</td>
<td>270</td>
<td>51 – 70</td>
<td>1200</td>
</tr>
<tr>
<td>1 – 3</td>
<td>500</td>
<td>70 or older</td>
<td>1200</td>
</tr>
<tr>
<td>4 – 8</td>
<td>800</td>
<td>Pregnant &amp; Lactating</td>
<td>1000</td>
</tr>
<tr>
<td>9 – 13</td>
<td>1300</td>
<td>14 – 18</td>
<td>1300</td>
</tr>
<tr>
<td>14 – 18</td>
<td>1300</td>
<td>19 – 50</td>
<td>1000</td>
</tr>
<tr>
<td>19 – 30</td>
<td>1000</td>
<td></td>
<td></td>
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</tbody>
</table>

Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium (this is why milk is fortified with vitamin D). For more information on calcium and children visit the National Institute of Child Health and Human Development at: [www.nichd.nih.gov](http://www.nichd.nih.gov)

**Peak Bone Mass**

Peak bones mass refers to the genetic potential for bone density. By the age of 20, the average woman has acquired most of her skeletal mass. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. For women this occurs around the time of menopause.

It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Inadequate calcium consumption and physical activity early on could result in a failure to achieve peak bone mass in adulthood.

**Osteoporosis**

Osteoporosis or “porous bone” is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increased risk of bone fractures typically in the wrist, hip, and spine.

While men and women of all ages and ethnicities can develop osteoporosis, some of the risk factors for osteoporosis include those who are:

- Female
- White/Caucasian
- Post menopausal women
To find out more about the prevalence and risk factors associated with osteoporosis, visit the National Osteoporosis Foundation website: [www.nof.org](http://www.nof.org).

Weight-Bearing Physical Activity

Regular physical activity has been associated with many positive health benefits including strong bones. Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass. Weight-bearing physical activities cause muscles and bones to work against gravity. Some examples of weight bearing physical activities include:

- Walking, jogging, or running
- Tennis or Racquetball
- Field Hockey
- Stair climbing
- Jumping rope
- Basketball
- Dancing
- Hiking
- Soccer
- Weight lifting

Incorporating weight-bearing physical activity into an exercise plan is a great way to keep bones healthy and meet physical activity recommendations set forth in the Dietary Guidelines for Americans.

**Adults:** Engage in at least 30 minutes of moderate physical activity most, preferably all, days of the week.

**Children:** Engage in at least 60 minutes of moderate physical activity most, preferably all, days of the week.

*Source: Dietary Reference Intakes for Calcium, National Academy of Sciences*

Fruits and Vegetables

“Eat your fruits and vegetables.” You’ve likely heard this statement since childhood. Research shows why it is good advice.

Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases including stroke and perhaps other cardiovascular diseases, and certain cancers.

Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

Research shows that fruits and vegetables are critical to promoting good health. To get the amount that’s recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

Fruits and Vegetables and Weight Management

Most fruits and vegetables are naturally low in fat and calories and are filling.
Busy lives can benefit from food that’s nutritious, yet easy to eat on the go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what’s inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Whole Foods or Supplements?

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases. For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

Winter Weather Reminder

It’s winter; don’t be fooled by the unusual warm temperatures. There is still a chance you may have to cope with power failures and icy roads. Exposure to cold temperature can cause other serious health problems. When temperatures drop below normal, heat can leave your body more rapidly.

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extremely cold temperatures often accompany a winter storm. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Many homes will be too cold – either due to a power failure or because the heating system isn’t adequate for the weather. When people must use space heaters and fireplaces to stay warm, the risk of household fires increases, as well as the risk of carbon monoxide poisoning.

Exposure to cold temperatures, whether indoor or outside, cold temperatures can cause other serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

Prepare Your Home for Winter Weather

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls (water will be less likely to freeze).
- Service snow-removal equipment.
- Have chimney and flue inspected.
- Install easy-to-read outdoor thermometer.
Car Maintenance for Winter Weather

Keep your car fueled and in good working order. Be sure to check the following:

- Antifreeze
- Windshield wiper fluid (wintertime mixture)
- Heater
- Brakes
- Ignition
- Emergency flashers
- Exhaust
- Tires (air pressure and wear)
- Fuel
- Oil
- Brake fluid
- Defroster
- Battery
- Radiator

Winter Weather Communication

Make sure you have at least one of the following in case there is a power failure.

- Battery-powered radio (for listening to local emergency instructions). Make sure you have extra batteries.

Find out how your community warns the public about severe weather:

- Siren
- Radio
- TV
- Listen to emergency broadcasts.
- Know what winter storm warning terms mean.
- Winter weather advisory: expect winter weather conditions to cause inconvenience and hazards.
- Frost/freeze warning: expect below-freezing temperatures.
- Winter storm watch: be alert; a storm is likely.
- Winter storm warning: take action; the storm is in or entering the area.

Source: CDC

<table>
<thead>
<tr>
<th>Upcoming Events</th>
</tr>
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<tbody>
<tr>
<td><strong>February 14, 2012</strong> - P.L.A.Y. (People Living Active Year-round) sponsored by FirstHealth of the Carolinas</td>
</tr>
<tr>
<td><strong>Friday, March 30, 2012</strong> – Women’s Symposium</td>
</tr>
</tbody>
</table>

Look for registration information soon!

For additional information, please contact me at 875-2162 or email shirley_j_smith@ncsu.edu.