



ESPH Video News

Boosting Fiber-Rich Foods

Fiber helps us feel full without adding calories. It may help people control the amount of food they eat to lose weight or maintain a healthy weight.

Diets rich in foods containing fiber such as fruits, vegetables, and whole grains may reduce the risk of heart disease. So getting enough fiber is important for lasting health benefits. Gradually add fiber-rich foods to your meals. About 85 percent of dietary

fiber comes from fruits, vegetables and whole grains. So you don't need to buy foods with added fiber to get the recommended amount each day.

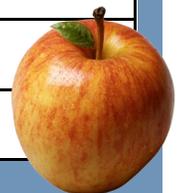
Compare Nutrition Facts labels for similar products and look for the amount of dietary fiber per serving. A "good source" of fiber provides between 3 and 5 grams per serving. A "high fiber" source contains 5 grams or more.

Did You Know?

- The 2005 Dietary Guidelines for Americans recommend a dietary fiber intake of 14 grams per 1,000 calories per day.
- Most American eat only half the recommended amount of dietary fiber each day.
- Foods that are good sources of fiber, such as whole grains, dry beans, fruits, vegetables, nuts, and seeds, also tend to be rich in vitamins, minerals and antioxidants.
- Eating more fiber-rich foods as part of a low-fat, low-cholesterol diet can help lower blood cholesterol, which reduces the risk of heart disease.

What's Your Best Fiber Choice?

3.73 grams	1 medium whole apple with peel
2.09 grams	1 medium whole apple without peel
1.50 grams	1/2 cup applesauce
.25 grams	1 cup apple juice



Trying to lose weight or just maintain a healthy weight? Fiber can make it easier to lose or maintain by helping us feel full without adding calories.



Eat Smart—Increase Fiber

- **Start your day with a heart-healthy breakfast!** Try hot or cold whole-grain cereals topped with fruit such as bananas, blueberries, strawberries, raisins, or dried cranberries
- **Be a “stealth health” promoter!** Boost the fiber in favorite entrées such as pizza by adding colorful vegetables on a whole-wheat pizza crust. Make the healthy choice an easy choice!
- **Top salads with dried fruits or nuts!** Toss them into coleslaw and lettuce mix.
- **Serve fruits and vegetables with the peel** for extra fiber. Cutting the fruits and vegetables into smaller pieces will help younger kids enjoy them.
- **Make a colorful parfait** layered with fruit and low-fat yogurt topped with nuts or granola.
- **Eat plenty of whole-grain breads**, pasta, and brown rice. Get unconventional with meatloaf or meat ball recipes...simply add oatmeal to increase fiber.
- **Try to include beans** at least once per week in family meals.
- **Find creative ways to add more dry beans** to your meals. Thicken soups by adding pureed beans. Sprinkle beans on salads and consider adding beans to stews and spaghetti sauce. Or choose main courses that showcase beans, such as tacos, chili, bean soup, and bean salads.
- **Replace high-fat ranch dips with hummus** (pureed garbanzo beans)! Serve hummus with fresh crisp vegetables such as carrots, broccoli, and cucumber sticks, or with whole-grain pita bread for a delicious high-fiber treat.

Play Hard—Learning to be Fit for a Lifetime

Physical education classes today are helping students learn how to be fit for a lifetime. No longer do classes consist of mainly traditional sports. Physical educators are providing their students with opportunities to participate in activities that will help them be active long after their days of physical education class are over.

There are many benefits to being active including reducing the risk for overweight, diabetes and other chronic diseases, and it helps children feel better about themselves. Parents can play a very important role in encouraging their children to develop a physically active lifestyle. Here are some ideas suggested by the U.S. Centers for Disease Control and Prevention (CDC):

- **Set a positive example** by leading an active lifestyle yourself.
- **Make physical activity part of your family's daily routine** by taking family walks or playing active games together.
- **Give your children equipment** that encourages physical activity.
- **Take young people to places where they can be active**, such as public parks, community baseball fields or basketball courts.
- **Be positive about physical activities** in which your child participates and encourage them to be interested in new activities.
- **Make it fun to be physically active.** Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, building a snowman, sledding, playground activities or free-time play.
- **Reduce screen time.** Instead of watching television or using the computer after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- **Be safe!** Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.
- **Take responsibility** for helping children develop active lifetime habits. When that happens, our future is brighter!



Child Nutrition & Wellness

Kansas State Department of Education

120 SE 10th Avenue

Topeka, KS 66612

Phone: 785-296-2276

Fax: 785-296-0232

www.ksde.org

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This month's highlights include:

- Videos featuring USD 345 Seaman, Topeka, Kansas:
 - Eat Smart—Boost Fiber-Rich Foods
 - Play Hard—Learning to be Fit for a Lifetime
- Video: Taking It Home—Making Black Bean & Corn Salsa
- Black Bean & Corn Salsa recipe with nutrition and cost information
- Photo albums of featured schools
- Resources for parents and fun for kids

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