

March 2018



Nutritionally Speaking

With
Renata Shiloah M.S., R.D., C.D.N

March is Nutrition Month Go Further with Food! Fiber

What is your Nutrition IQ ? TRUE or FALSE

1. Insoluble fiber (roughage) is digestible. True False
2. There are two types of fiber (soluble fibers and insoluble fibers). True False
3. Fish and meat are the best sources of fiber. True False
4. Excellent sources of fiber have at least 5 g of fiber per serving. True False
5. 100% juice has the same amount of fiber as a piece of fruit. True False
- 6- Fiber helps control blood sugars. True False

Come to Betances Health Center to pick up the answer sheet!

Renata Shiloah M.S., R.D., C.D.N

Betances Health Center

280 Henry Street

NYC 10002

(212) 227-8401 ext 159



March 2018

What are fibers?

Fibers are a type of carbohydrate that the body can't digest. Most carbohydrates are broken down into sugar molecules. Fiber cannot be broken down into sugar molecules, and it passes through the body undigested.

What are the types of fibers?

1. **Soluble fiber:** it dissolves in water. It helps lower the blood glucose and cholesterol levels.
2. **Insoluble fiber:** does not dissolve in water. It can help food move through the digestive system, and therefore helps to prevent constipation.

Why fibers are good for health?

Fiber aids in providing fullness after meals, which helps promote a healthy weight. Fiber also help to maintain the blood sugar within the healthy range Also, fibers can reduce the risk of:

- 1- Heart disease
- 2- Diabetes
- 3- Some digestive tract diseases such as diverticular disease, and constipation

How much fibers should be eaten daily?

Fibers intake should at least 21g up to 30 g daily

Foods that are naturally high in fiber:



Examples of food that boost your fiber intake:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- ½ medium avocado (5 grams)
- 1 ounce almonds (3.5 grams)
- ½ cup cooked black beans (7.5 grams)
- 1 cup cooked pearled barley (6 grams)
- 1 cup of cooked oatmeal (4 grams)

Does the way of food cooking/processing affect the content of fiber?

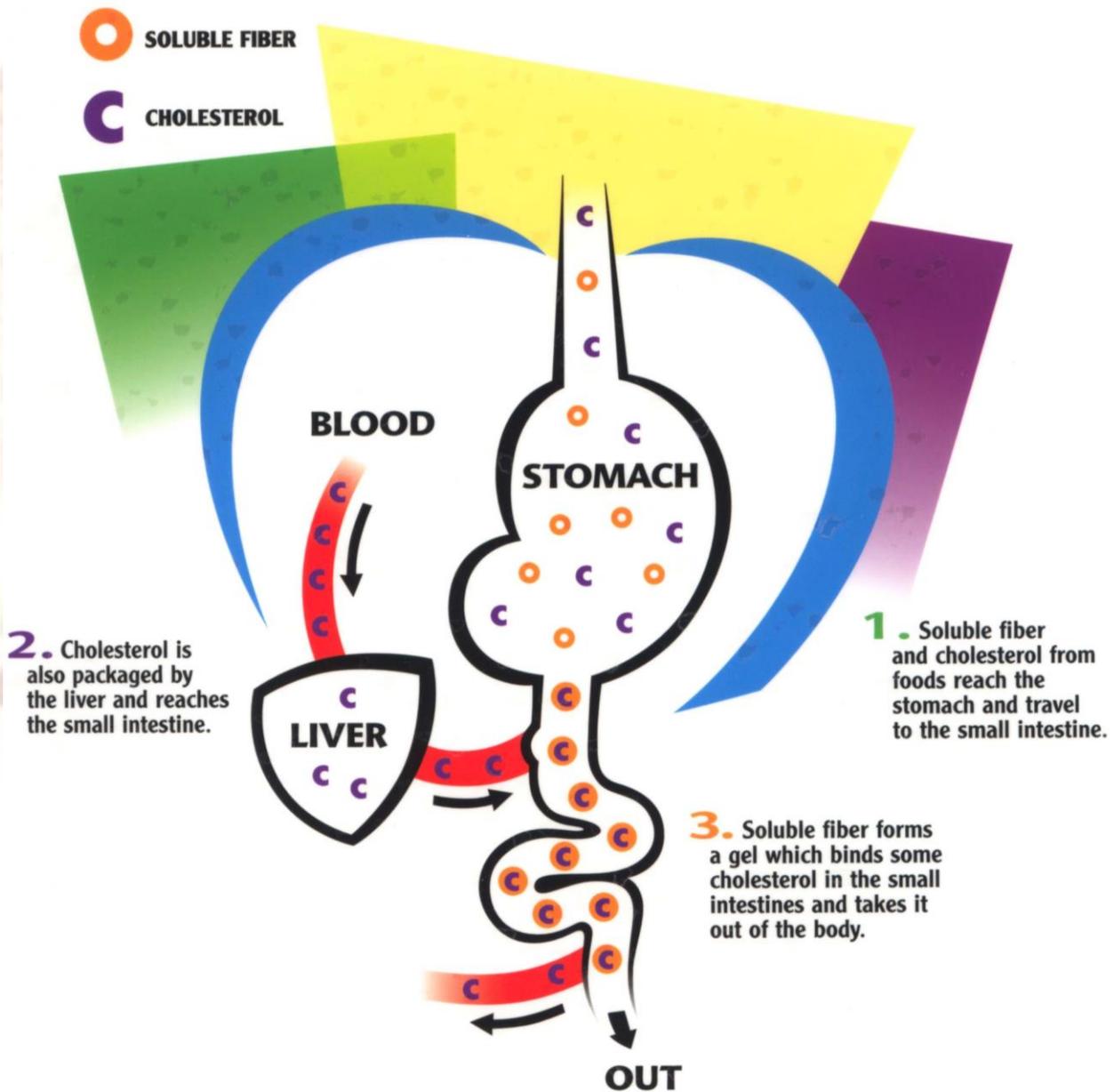
Yes. The more the food undergoes for refining or processing procedures, the more fiber it loses.

For example, one medium apple with the peel provides 4.4 grams of fiber, while ½ cup of applesauce has only 1.4 grams, and ½ cup of apple juice contains no fiber.

Easy tips to increase your fiber intake:

- **For Breakfast:** substitute oatmeal or whole bran cereal for refined low fiber cereals.
- **For Lunch:** use a whole gran sandwich or tortilla or wrap along with adding some vegetables such as lettuce and tomato
- **For dinner:** try brown rice or whole grain noodles instead of the white refined one.
- **For snacks:** use some vegetables sticks with hummus. Yogurt with oatmeal and berries. Whole apple or pear and nuts.

Fibers and Cholesterol Lowering Effect



Reference:

<http://www.dorchesterhealth.org/index.php?page=fiber-and-cholesterol>



BETANCES HEALTH CENTER

March 2018

Healthy Recipes

Quinoa and Black Beans

Servings Per Recipe: 5. Content Per serving:
Calories: 306, Total Fat: 3.4g, Protein 15.4g,
Carbohydrates 55.6 g, Fiber: 15.6g.



Ingredients:

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- 3/4 cup uncooked quinoa
- 1 1/2 cups low sodium vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- pepper to taste
- 2 (15 ounce) cans black beans
- 1/2 cup chopped fresh cilantro

Directions:

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

Oatmeal with Prune & Banana Compote

1 serving (1 1/2 cups). Content per serving: 15 grams of protein and 8 grams of fiber.
Calories: 400 kcal.



Ingredients:

- 1 cup 1% low-fat milk
- 1/2 cup old-fashioned rolled oats
- 3 dried prunes, chopped
- 1 banana, diced
- 1 teaspoon of dried ginger, chopped

Directions:

1. Combine milk and oats in a small microwave-safe bowl. Microwave at HIGH 3 to 5 minutes.
2. Combine plum, banana, and ginger; sprinkle over oatmeal.

March 2018



Dear Renata



Dear Renata:

I have constipation for a long time. I started to increase my fruits and vegetable intake in order to have more fiber to help with the constipation. I am having at least 3 bowls of green salad daily plus an apple or pear daily. However, the constipation gets worse. TG

Dear TG:

Make sure to increase your fiber intake gradually and with plenty of water. Fiber needs water in order to move through the digestive tract smoothly. It is similar to a new sponge; it needs water to pass smoothly. If you consume more than your usual intake of fiber without getting enough fluids, you may experience constipation.

Dear Renata

I need to lose weight. Will a high fiber diet help me to lose weight? LJ

Dear LJ:

Yes, balanced diet with adequate amount of fibers, 25-30 gram/ day, can help you losing weight along with physical activity. Fiber rich food takes time to pass through the digestive tract. For that reason, it fills you up for a longer period of time compared to low fiber food gets digested very quickly so you feel hungry soon after you eat it.

Have a nutrition question?

Email: rshiloah@betances.org

Drop a note: at the front desk



**Renata Shiloah M.S., R.D., C.D.N is available
For Nutrition Counselling at " Betances Health Center"**

Call for an appointment (212) 227-8401 ext. 159

March 2018



Ongoing Events

- **Weight-loss Support Group:** Wednesdays 10am -11:30am:
- **Acupressure Group:** Tuesdays 1:30 - 2:30
- **Nutrition Therapy:** for an appointment, contact Renata Shiloah, RD at 212-227-8401 ext. 159 or make an appointment at the front desk (referral is needed)

For more information please call:

Renata Shiloah
Betances Health Center
280 Henry Street
NYC 10002
(212) 227-8401 ext 159