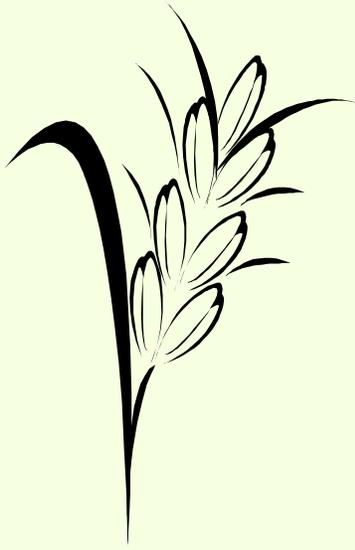


FIBER FACTS



Your Fiber I.Q.

- 1) Adults 51 and older need grams of fiber every-day.
a) 5-10 b) 11-20 c) 20-35
- 2) Fiber can help to relieve...
a) a cold b) constipation b) the heebie geebies
- 3) A good source of fiber is...
a) oatmeal b) fresh fruit c) beans
- 4) Soluble & insoluble are the two main types of

What is fiber?

Fiber is found only in plants such as fruits, vegetables, and grains. There are two main types of fiber - soluble and insoluble.

What is the difference between insoluble and soluble fiber?

Both types of fiber are important in the diet and provide benefits to the digestive system by helping to maintain regularity. Insoluble fiber helps keep you regular and prevents constipation. Soluble fiber helps you digest foods slowly, may help regulate blood sugar levels, and lower blood cholesterol.

How much fiber should I eat?

Females 51 and older should eat 21 grams and males 51 and older should eat 30 grams each day, including both soluble and insoluble fiber. On average, Americans currently eat 1/2 of the recommended amount of fiber.

Your Fiber I.Q. Answers: 1) C 2) B 3) A,B & C 4) True

BENEFITS OF FIBER

May reduce risk of cancer

May aid in reducing cholesterol levels

Can help to control blood sugar levels

Prevents constipation by adding bulk to foods

May help manage weight by creating a feeling of fullness

without any calories

Remember...

*Increase fiber slowly to prevent digestive problems.

*Try a variety of fiber rich foods to get the most nutrients.

Yummy Yams

3 medium yams

1 cup dried prunes (soaked in water

and drained)

2 Tbsp lemon juice

2 tsp margarine

2 Tbsp fruit juice (orange, apple etc.)

pinch of ginger, pinch of mace

(optional)

& 1/2 tsp salt

Peel and cut yams into 1/4 inch slices and steam. Arrange layer of yams on bottom of oiled small baking dish. Dot with margarine. Top with layer of prunes. Alternate layers until all is used. Blend the rest of the ingredients

Good Sources of Fiber

Beans-Lima, kidney, navy

Whole Grains— oatmeal, rye & whole wheat

*Drink plenty



*Produced for the Pennsylvania Department of Aging
By the Indiana University of Pennsylvania
Department of Food and Nutrition
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2003*