

Ways to Add Fiber

Cooking Tips

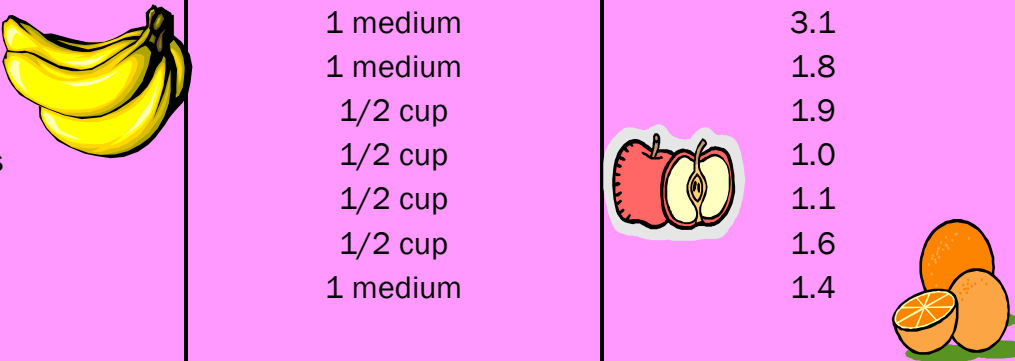
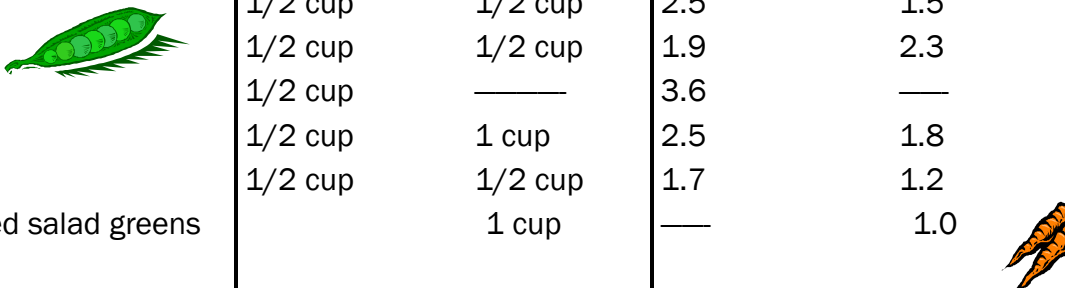
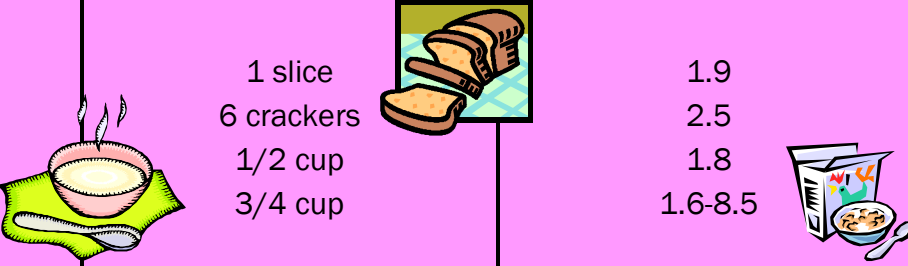

- Use brown rice instead of white rice
- Use whole wheat pastas instead of white pasta
- Offer fresh or frozen fruits and vegetables
- Offer whole grain bread products
- Leave peels on fruits and vegetables when possible
- Use oats as fillers in casseroles or thickening agents in sauces
- Add slices of shredded vegetables to pasta salad, sandwich spreads, and sauces
- Add wheat bran to cookie and muffin recipes
- Use barley in soups and stews
- Offer whole grain cereals (the darker the flake the higher the fiber content)
- Add dried fruits to cookies and muffins recipes



The Importance of Fiber for Your Participants

- 20 to 35 grams per day, may help:
 - *lower blood cholesterol levels
 - *decrease the risk of certain cancers
 - *help control blood pressure
 - *help control blood sugar levels
 - *promote weight loss
 - *decrease constipation
 - *decrease gastrointestinal problems like diverticular disease, hemorrhoids, and irritable colon
- Advise your participants to add fiber gradually and drink more fluids as their diets' fiber content increases.

Fiber In Foods

Food	Serving Size	Grams of Dietary Fiber / Serving
<u>Fruits, Raw</u>		
Apple, with skin	1 medium	2.0 to 2.5
Fresh Orange	1 medium	3.1
Banana	1 medium	1.8
Strawberries	1/2 cup	1.9
Grapes, seedless	1/2 cup	1.0
Cantaloupe	1/2 cup	1.1
Grapefruit	1/2 cup	1.6
Peach, with skin	1 medium	1.4
		
<u>Vegetables,</u>		
	<u>Cooked</u>	<u>Raw</u>
Broccoli	1/2 cup	1/2 cup
Carrots	1/2 cup	1/2 cup
Green Peas	1/2 cup	—
Spinach	1/2 cup	1 cup
Cabbage	1/2 cup	1/2 cup
Lettuce, mixed salad greens	—	1 cup
		
<u>Grains</u>		
Whole Wheat Bread	1 slice	1.9
Whole grain Crackers	6 crackers	2.5
Oatmeal, cooked	1/2 cup	1.8
Dry Cereal, whole grain	3/4 cup	1.6-8.5
		
<u>Legumes</u>		
Baked Beans, canned	1/2 cup	7.0
Refried Beans, canned	1/2 cup	6.0
		

Produced for the Pennsylvania Department of Aging

By The Indiana University of Pennsylvania, Department of Food and Nutrition

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Barley and Vegetable Medley (makes 50 –1/2 cupservings)*

Ingredients

- 3 oz Olive Oil
- 1# 8 oz Onions, sliced into thin half-rings
- 1 Tbsp Garlic, minced
- 1# Barley
- 1 1/4 qt Water
- 1 oz Vegetable or Chicken Base
- 1# 6 oz Carrots, scrubbed and sliced thin
- 10 oz Cauliflower
- 8 oz Broccoli Florets
- 1 Tbsp Dried Basil Leaves
- 1 Tbsp Dried Thyme Leaves
- 1/2 tsp Black Pepper
- 2 # Fresh Diced Tomatoes
- 1# Zucchini Squash, thinly sliced
- 10 oz Diced Green Peppers
- 1 # 8 oz Frozen Peas



Procedure

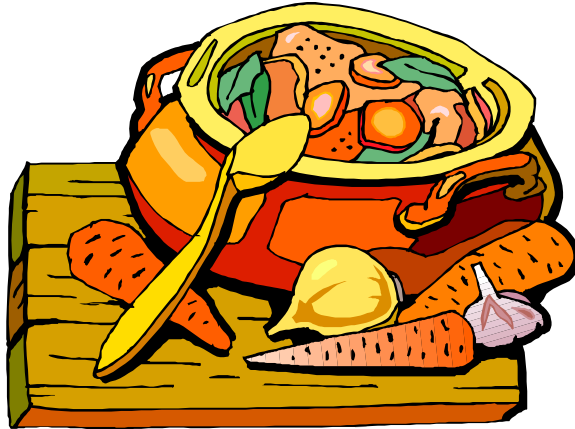
1. Heat olive oil to 350° F steam-Jacketed Kettle
 2. Sauté onions, garlic, and barley in hot oil until onions and barley are golden brown, about 5 minutes
 3. Mix base with part of the water. Add water and base to barley mixture
 4. Heat to boiling.
 5. Reduce heat and simmer until barley is almost tender, about 30 minutes. Stir occasionally
 6. Add carrots, cauliflower, broccoli, herbs and spices to barley mixture.
 7. Cover and simmer for 12 to 15 minutes
 8. Add tomatoes, squash, green peppers. And peas to mixture.
 9. Cook 5-10 minutes until all vegetables are tender.
- 1/2 cup provides 3.4 g of fiber and can be used for a bread requirement.

*Recipe from Food for Fifty by Mary Molt

Garden Chili (makes 50– 1 cup servings) *

Ingredients

- 3/4 cup Vegetable Oil
- 3 # 12 oz Chopped Onions
- 1 1/2 Tbsp Minced Garlic
- 2 # 4 oz Chopped Celery
- 1 # Finely chopped Carrots
- 2 tsp Crumbled dried Oregano
- 2 Tbsp Ground Cumin
- 2 Tbsp Chili Powder
- 1 1/2 Tbsp Salt
- 1 Tbsp Black Pepper
- 8 # Ground beef, browned
- 1 # chopped Green Peppers
- 2 # Chopped Zucchini
- 1 # 8 oz Mushrooms, canned
- 5# 6 oz Diced Tomatoes, canned
- 1 qt Water
- 5 # 6 oz Red Beans, canned
- 1/3 cup Lemon Juice
- 1 # 8 oz Shredded Cheddar Cheese



Procedure

1. Heat oil.
2. Add onions and garlic and sauté until transparent.
3. Add celery, carrots, and all seasonings to onions.
4. Cook until the vegetables are tender-crisp.
5. Add green peppers, browned ground beef, zucchini, mushrooms, tomatoes, water, beans and lemon juice.
6. Heat until 180° F. To serve, ladle chili into bowls.
7. Sprinkle 1/2 oz of cheese over each portion.

- 1 cup of chili provides 5 grams of fiber.

*Recipe from Food for Fifty by Mary Molt