

# FIBER

Fiber is an important part of a healthy diet and lifestyle for many reasons. Please enjoy this fact sheet with tips on how to include more fiber in your diet!

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**What is fiber?** Fiber is a carbohydrate that cannot be digested by our body. Fiber works like a broom by cleaning out our digestive systems and pushing foods through the tract. Since fiber can only be found in plants, great sources include fruits with skin, vegetables, and whole grains.

**What are the different kinds of fiber?** Fiber comes in two forms: soluble and insoluble. Both types have different jobs in the body. Soluble fiber removes cholesterol from the blood stream, reduces blood sugar, and helps form healthy bowel movements. Insoluble fiber passes through the digestive system quickly helping prevent constipation, gut infections, and hemorrhoids. A healthy diet includes both types of fiber!

**How much fiber do I need?** According to the Food and Nutrition Board of the Institute of Medicine, men ages 51 and older should be getting 30 grams each day and women 51 and older should be getting 21 grams each day. Be cautious and slowly increase your fiber intake to avoid bloating and other digestive discomfort!

**Here are some tips for increasing fiber in your diet:**

1. Make at least half of your grains whole grains.
2. Incorporate fruits and vegetables into each meal.
3. Try air popped popcorn for a snack instead of chips.



# SALMON CASSEROLE

This recipe makes 6 servings

Sourced from USDA / CSFP

## CSFP Ingredients

- 1 can pink salmon, drained
- 1 cup macaroni
- 1 cup low sodium canned peas, drained

## Additional Ingredients

- 1 cup water
- 2 TBSP butter
- 1 small onion, chopped
- 2/3 cup evaporated milk
- 2 TBSP flour
- 1 cup reduced fat cheddar cheese, shredded

## Directions

1. Mix macaroni, water, and butter in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour, cover again and microwave 3 minutes.
3. Add salmon and microwavable 2 minutes.
4. Stir in cheese and peas. Microwave 1 minute.
5. Serve warm.

