

Fabulous Fiber

Why is fiber so fabulous???

- *Fiber empties from the stomach slower than many foods so it keeps us full longer.*
- *Fiber reduces the risk of many diseases, such as cancer and heart disease, later in life.*
- *Fiber is a great contributor to our digestive health and keeps things regular.*

Top Ten Ways to Add Fiber:

- Start the day with a high-fiber cereal made with whole grains (look for a cereal with 3 g or more of fiber per serving).
- Add fruit to your morning cereal, such as berries, raisins, prunes or bananas.
- Leave skin on fruits and vegetables- that's where most of the fiber is!
- Substitute whole wheat flour or oat flour for up to half of the flour in pancakes, waffles, muffins and other baked goods.
- Have popcorn as a snack (be sure not to add too much butter or salt).
- Choose whole wheat pasta and brown rice over white pastas and rice.
- Add extra vegetables to dishes such as pastas, soups, pizzas and sandwiches.
- Substitute a bowl of fruit or a whole grain muffin for dessert.
- Add beans (they're packed full of fiber) to your favorite recipes like soup, salads, omelets etc.
- Choose a whole grain snack such as a muffin, piece of fruit, vegetables, baked pita chips, etc. instead of a candy bar or chips.



***Extra Tip:** Be sure to increase your fiber intake slowly, not all at once, and to add lots of fluids with the fiber to prevent constipation.

Recipes Packed with Fiber:

Whole Wheat Banana-Strawberry Muffins (one muffin= 4g fiber)

Servings: 12

INGREDIENTS:

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| 2 eggs | 3 bananas mashed |
| 1/2 cup unsweetened applesauce | 2 cups whole wheat flour |
| 1/4 cup canola oil | 1 teaspoon baking soda |
| 3/4 cup packed brown sugar | 1 tablespoon ground cinnamon |
| 1 teaspoon vanilla extract | 1 cup frozen sliced strawberries |



DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C). Grease 12 large muffin cups, or line with paper liners.
2. In a large bowl, whisk together the eggs, applesauce, oil, brown sugar, vanilla and bananas. Combine the flour, baking soda and cinnamon; stir into the banana mixture until moistened. Stir in the strawberries until evenly distributed. Spoon batter into muffin cups until completely filled.
3. Bake for 20 minutes in preheated oven, or until the tops of the muffins spring back when pressed lightly. Cool before removing from the muffin tins.

Black Bean Burrito (1 serving= 9g fiber)

Servings: 4

INGREDIENTS:

4 (10 inch) whole wheat tortillas	2 (15 oz.) cans black beans, rinsed and drained
1/4 cup canola oil	2 teaspoons minced jalapeno peppers
2 small onions, chopped	6 ounces cream cheese
1 red bell pepper, chopped	1 teaspoon salt
2 teaspoons minced garlic	1/4 cup chopped fresh cilantro



DIRECTIONS

1. Wrap tortillas in foil and place in oven heated to 350 degrees F (175 degrees C). Bake for 15 minutes or until heated through.
2. Heat oil in a 10-inch skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet; cook for 2 minutes, stirring occasionally. Pour beans into skillet; cook 3 minutes, stirring.
3. Cut cream cheese into cubes and add to skillet with salt. Cook for 2 minutes, stirring occasionally. Stir cilantro into mixture.
4. Spoon mixture evenly down center of warmed tortilla and roll tortillas up. Serve immediately.



FUN WINTER FAMILY ACTIVITIES



Snowball Tag

Items you need: snowballs!

How to Play:

Match up each child with an adult, and have each team make two snowballs (loosely packed!). Each pair must either link elbows, hold hands, or team up piggyback style. The choice is theirs, but they must stick together throughout the contest. Pairs must try to hit another team with one of their snowballs and avoid being tagged themselves. Duos that remain untagged when everyone has run out of snowballs face off in a second round, and so on, until one team WINS!

Snow Treasure Island Hunt

Items you need: cooler, treats, paper, markers, plastic bags, SNOW!

How to Play:

Pack a cooler full of fruits and then hide the "treasure chest" in the snow. Create a series of clues leading to the chest with markers and paper. Place each clue in a plastic bag and hide it in the snow. Begin the hunt by handing the players their first clue.

This information is provided by Lakeview Hospital and Stillwater Medical Group in coordination with Stillwater Area Schools Community Education.
Source: FamilyFun.com, Wheatfoods.org, HealthCastle.com, AllRecipes.com