

# Zero Weight Gain

HOLIDAY CHALLENGE



December 27, 2013/ Issue 12

## Feel Full with More Fiber

### Fiber fills you up, not out

Fiber is the one carbohydrate that is nearly calorie free. It will not raise your blood sugar and may help to lower your cholesterol. Many foods now have fiber added to them, but for the most benefit, stick to foods that naturally contain fiber. Foods that naturally have fiber also usually contain many other important nutrients such as protein, B vitamins, beta carotene, Vitamin C or iron. Foods that have added fiber may only have small amounts of these nutrients or none at all.

**Fiber helps with weight control by filling you up.** Drinking fluid like water along with eating higher fiber foods makes the fiber swell in your stomach. Then this signals your brain that you have had enough to eat so you consume fewer calories.

**Most foods that naturally contain fiber usually have 1-4 grams per serving.** However cooked dried beans like pintos, lima beans, baked beans or black beans have 6-9 grams per half cup. So they are fiber powerhouses. The Institute of Medicine recommends that we get 14 grams of fiber for every 1,000 calories we consume. That is about 25-35 grams per day for an adult.

**How can you get that much fiber?** Eat 7-10 servings of vegetables and fruits per day and most of



**Fill half your plate with plenty of vegetables and fruits to increase your fiber intake.**

your bread, cereal, pasta and other grain foods as whole grains and you will get that amount. Each serving is  $\frac{1}{2}$  cup or about the size of a deck of cards or the palm of a woman's hand. However for raw vegetables, the serving size is one cup or two decks of cards or two palms of the hand.

Can you go from a low fiber diet to a high fiber diet in a few days? No, try adding one vegetable, one fruit or one whole grain every 3-5 days until you reach your goal. This will allow you to gradually adjust. Drinking plenty of water or other beverages with these foods will help you to handle them better. If you are having stomach discomfort, try Beano<sup>®</sup>.

Eat more foods naturally containing fiber to get the most nutrients.

## Fiber ....

Let's compare two menus to see how choosing different foods increases the fiber content of meals:

Original Menu	Fiber	Alternative Menu	Fiber
<b>Breakfast</b>			
Bacon, egg and cheese biscuit	2 grams	Fruit topped oatmeal	4 grams
8 ounces orange juice	0 grams	Banana	2 grams
Coffee with cream	0 grams	Whole wheat toast	2 grams
		Strawberry preserves	0 grams
		Coffee with cream	0 grams
<b>Total for Meal</b>	<b>2 grams</b>		<b>8 grams</b>
<b>Lunch</b>			
Fried chicken sandwich	2 grams	Grilled chicken and apple salad	7 grams
Medium fries	3 grams	16 small whole grain crackers	3 grams
Diet drink	0 grams	Diet drink	0 grams
Ice cream cone	0 grams		
<b>Total for Meal</b>	<b>5 grams</b>		<b>10 grams</b>
<b>Supper</b>			
Roast beef	0 grams	Beef stir fry with vegetables	4 grams
Mashed potatoes, ½ cup	1.5 grams	Brown rice, ½ cup	2 grams
Green beans, ½ cup	2 grams	Whole wheat dinner roll	2 grams
Dinner roll, 1	< 0.5 grams	Green grapes, 1 cup	1.5 grams
Chocolate cake	1 gram	Hot tea	0 grams
Sweet tea	0 grams		
<b>Total for Meal</b>	<b>4.5 grams</b>		<b>9.5 grams</b>
<b>Total for the Day</b>	<b>11.5 grams</b>		<b>27.5 grams</b>

See this week's recipe on the next page



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## Mediterranean Turkey Paella

**This recipe uses leftover turkey to make an elegant dish to serve at a holiday party. It is based on a recipe from the Butterball.com Web site. This version is lower in sodium and uses brown rice.**



1 tablespoon olive oil  
1 medium onion, chopped (about ½ cup)  
½ cup chopped red pepper  
2 cloves garlic, minced  
1 cup frozen artichoke hearts, thawed  
¼ cup sliced pitted black olives  
1 can (14.5 oz.) low sodium  
chicken broth

1 cup water  
1 cup uncooked brown rice  
½ teaspoon paprika  
3 saffron threads, optional  
2 cups leftover turkey, chopped  
½ cup frozen green peas,  
thawed

1. Heat oil in a large skillet over medium heat. Add onions, red pepper and garlic. Cook stirring for 2 minutes. Add artichokes and olives. Cook and stir 2 more minutes.
2. Stir in broth and water. Bring to a boil.
3. Add the rice and paprika and stir well. Stir in saffron if desired. Cover skillet and simmer about 30 minutes.
4. Add turkey and peas and mix well. Cover again and cook 5 minutes or until liquid is absorbed and rice is tender.
5. Remove from heat and let stand 5 minutes. Fluff with fork before serving.

**Makes 6 servings.**

### Nutritional Analysis:

Calories: 210      Carbohydrate: 20 grams  
Fat: 6 grams      Saturated Fat: 1 gram  
Sodium: 304 milligrams

Protein: 19 grams  
Cholesterol: 37 milligrams  
Dietary Fiber: 4 grams

Exchanges: 3 starches      1 vegetable      4 lean meats