



## Fun Facts About Fiber

While the phrase “superfood” is a made-up marketing term, fiber is a substance that can have a positive effect on many different systems within the body. It can help control blood sugar, regulate digestion and lower cholesterol. Many Americans do not eat enough fiber, even though there are lots of foods that provide it. Continue reading to learn more about this incredible nutrient and where to find it.

### What is fiber?

A type of carbohydrate that is undigestible; there are two types (soluble and insoluble)

### Recommendations from USDA:

Men over age 51:  
28 grams daily

Women over age 51:  
22 grams daily



### Soluble Fiber:

- ⇒ dissolves in water
- ⇒ Helps with blood sugar control and lowering cholesterol
- ⇒ Includes foods like oatmeal, chia, nuts, beans, lentils, and fruits

### Insoluble Fiber:

- ⇒ does not dissolve in water
- ⇒ Helps with digestion, promoting regularity and preventing constipation
- ⇒ Includes foods like wheat bran, quinoa, brown rice, leafy greens, almonds, and fruits with edible skins

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## Fiber Content of Common Foods

### Fruits:

Raspberries (1/2 c)	4g
Banana (medium)	3g
Apple, with peel (medium)	3g
Orange (medium)	3g
Strawberries (1/2 c sliced)	2g
Melon (1/2 c)	1g



### Vegetables:

Baked potato (med, with skin)	4g
Sweet potato (1/2 cup, cooked)	4g
Spinach (1/2 c cooked)	4g
Peas (1/2 cup cooked)	4g
Broccoli (1/2 c cooked)	3g
Carrots (1/2 cup cooked)	2.5g
Romaine (2 cups)	2g

### Beans/Legumes/Nuts:

Black Beans (1/2 cup)	8g
Lentils (1/2 cup)	8g
Kidney Beans (1/2 cup)	8g
Lima Beans (1/2 cup)	7g
Chickpeas (1/2 cup)	5g
Almonds (1/4 cup)	4g
Pistachios (1/4 cup)	3g
Peanuts (1/4 cup)	3g
Walnuts (1/4 cup)	1.5g



### Grains:

Quinoa (1 cup cooked)	5g
Brown rice (1 cup cooked)	4g
Wheat pasta (1 cup cooked)	4g
Whole wheat bread (1 slice)	3g
White pasta (1 cup cooked)	2g
Rye bread (1 slice)	2g
White rice (1 cup cooked)	0.6g
White bread (1 slice)	0.6g

# 3-Ingredient Sweet Potato & Brussels Sprouts Hash with Chicken Sausage

Total Time: 15 mins    Makes 2 servings

## Ingredients:

- 2 cups cubed, peeled sweet potatoes
- 2 apple-flavored precooked chicken sausage
- 3 teaspoons olive oil, divided
- 1 (10 ounce) bag shaved Brussels sprouts



## Directions:

1. Place sweet potatoes in a microwave-safe dish and add 1/4 inch water. Cover tightly with plastic wrap and microwave on High until fork-tender, about 3 minutes; drain.
2. Dice sausages. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add the sausage; cook, stirring, until heated through and golden brown, about 3 minutes. Remove the sausage to a plate.
3. Heat the remaining 2 teaspoons oil in the pan over medium heat. Add Brussels sprouts and cook, stirring, for 3 minutes. Add the sweet potatoes and sausage; stir to combine. Season to taste with salt and pepper, if desired.

## Nutrition info per 2-cup serving:

345 calories; 19g protein; 42g carbohydrates; **9g fiber**; 12g fat; 60mg cholesterol; 529mg sodium



## Tips to Add More Fiber to Your Diet

- ⇒ Have a fiber-friendly breakfast: try avocado toast, a veggie scramble or omelet, or add some fresh fruit to your oatmeal/cold cereal
- ⇒ Choose whole grains: foods like oatmeal, brown rice and quinoa contain more fiber than white rice or pasta
- ⇒ Experiment! Add lentils or beans to chilis, soups, stews or salads, try pureeing beans for a yummy dip, even swap half the meat in dishes like meatloaf for lentils
- ⇒ Eat your fruit in whole form instead of opting for juice
- ⇒ Grab a handful of nuts, seeds or trail mix for a fiber-full snack

**\*Make sure to increase your fiber intake slowly, and drink more water to prevent bloating and constipation\***

**Resources:** <https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/>

<https://www.eatingwell.com/recipe/7889838/3-ingredient-sweet-potato-brussels-sprout-hash-with-apple-chicken-sausage/>

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

<https://www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html>

**Consumer-centered access for long-term care information, referrals and assessments.**

**For information, call 518-382-8481, #9, ext. 304**



### **Do you have questions or concerns about what to eat?**

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

**Check out our website for nutrition resources: <http://schenectady.cce.cornell.edu/nutrition-for-seniors>**