# Fill-Up with FIBER!

 **Fiber** keeps you full and focused without filling you out! Dietary fiber is a non-digestible carbohydrate and is therefore calorie-free. There are two forms of fiber: **soluble** and **insoluble**.

**Soluble Fiber**

🡪Found in oats, legumes (dried beans and peas), apples, bananas, and vegetables like broccoli and potatoes

🡪 Works by slowing down digestion to keep you satisfied longer

🡪 May help lower blood cholesterol



**Insoluble Fiber**

🡪 Found in whole-grains, bran, and the skin of fruits and vegetables

🡪 Works by creating bulk to help with elimination

🡪 May help promote regular bowel movements

**How Much Should I Eat?**

Women (19-50 years) aim for 25 grams per day

Men (19-50 years) aim for 38 grams per day

**How Do I Know How Much I am Eating?**

🡪 Look on the Nutrition Facts label. Dietary Fiber is listed under Total Carbohydrates

🡪 Oranges, apples (with skin) and bananas have about 3 grams per fruit

🡪 1-cup broccoli, 1 sweet potato (with skin) has about 3 grams

🡪 ½ cup kidney beans has 8 grams fiber

**Simple Ways to Add More FIBER:**

* Switch to whole grains-like whole-grain bread and pasta
* Add beans to salads and pasta sauces
* Snack on fruit
* Add vegetables to sauces, casseroles, or just munch on them

**Whole Wheat Low-Fat Banana Bran Muffin**

**Ingredients**: Makes 12 muffins

* 1/4 cup applesauce, unsweetened
* 1/4 cup brown sugar
* 3 \**bananas*, mashed
* 1/4 cup milk
* 1 tsp vanilla extract
* 1 egg
* 1 cup flour (1/2 \**whole wheat*, 1/2 all-purpose)
* 1 cup \**wheat bran*
* 1 tsp baking powder
* 1 tsp baking soda
* 1/4 tsp salt
* rolled \**oats* (garnish)

*Nutrition Facts:* Each muffin contains about 100 calories and 4 grams of fiber. \* = *fiber source*

1) Preheat oven to 375ºF (190ºC). Prepare a muffin pan with grease or paper liners.

2) Toast rolled oats in oven while preparing batter

3) Combine flour, bran, baking soda, baking powder, and salt, and set aside.

4) In a large bowl, cream applesauce and brown sugar until well mixed.

5) Add bananas, milk, vanilla and egg.

6) Stir in dry ingredients, blending slowly until just mixed.

7) Pour batter into prepared muffin pan and top with toasted oats.

8) Bake for 20-25 minutes or until a toothpick inserted into the center of a muffin comes out clean. Cool in the pan for 5 minutes before removing to a wire rack to cool completely.