

Results for Life

Monthly tips and topics for a healthier lifestyle



Facts on Fiber



What is it and why do I need it?

You've probably heard that dietary fiber is good for you, and that most Americans do not get enough in their daily diets. But do you know what fiber really is, how much you need and what foods are the best sources? Let's take a look at some fiber facts.

Unlike most important nutrients in our diets, fiber is the part of plant foods that your body cannot digest or absorb. Despite this fact, it has many important functions and health benefits.

There are two types of fiber, soluble and insoluble, which have different but equally important effects in the body.

Insoluble fiber does not dissolve in water and therefore, helps food move through your digestive system; increases stool bulk; and helps to promote a healthy colon. Insoluble fiber is important in keeping your bowels healthy. It helps prevent constipation and diseases of the intestine. Insoluble fiber may also help in weight loss as it may decrease hunger by helping an individual feel fuller. Good sources of insoluble fiber include whole wheat breads, whole wheat cereals, wheat bran, and vegetables.

Soluble fiber does dissolve in water and forms a gel-like substance that can help lower cholesterol and blood sugar levels. People who have high cholesterol may be able to lower their cholesterol by eating a diet high in soluble fiber. Foods high in soluble fiber include beans, peas, oat bran, oatmeal, barley, rice bran, apples, pears, prunes, strawberries and psyllium husk often found in fiber supplements. Consuming 7 to 13 grams of soluble fiber a day may decrease LDL or bad cholesterol by up to 5%, reducing your risk for

Fit Tip of the Month

Improve Cholesterol with Exercise

GLUCOSE	97	89
UREA NITROGEN, SERUM	17	17
CREATININE, SERUM	1.5	H 1.26
BUN/CREATININE RATIO	11.3	
SODIUM, SERUM	142	
POTASSIUM, SERUM	4.1	
CHLORIDE, SERUM	102	
MAGNESIUM, SERUM	1.8	
CALCIUM, SERUM	9.8	
PHOSPHORUS, SERUM	3.5	
URIC ACID, SERUM	4.2	
ALBUMIN, SERUM	4.2	
GLOBULIN, SERUM	2.1	
PROTEIN, SERUM	6.3	
A/G RATIO	3.0	
BILIRUBIN, SERUM	1.2	
BILIRUBIN, TOTAL	1.2	
ALKALINE PHOSPHATASE, SERUM	100	
IRON, SERUM	110	
IRON BINDING CAPACITY, SERUM	300	
% SATURATION	37	
GGT	25	
LDL, SERUM	177	
AST (SGOT)	19	21
ALT (SGPT)	23	36
CHOLESTEROL, SERUM	234	H 188
TRIGLYCERIDES, SERUM	117	209 H
HDL CHOLESTEROL	48	37 L
LDL	163	H 109
CHOL/HDL RATIO	4.9	5.1 H
TSH, 3RD GENERATION	3.02	3.27
WBC	7.0	
RBC	5.43	
HEMOGLOBIN	16.8	
HEMATOCRIT	48.1	
MCV	88.6	
MCH	31.0	



If you have high cholesterol, lifestyle changes can go a long way to improve your numbers. Regular physical activity helps to increase HDL cholesterol (the good stuff), reduce VLDL (a form of bad cholesterol), and in some cases decrease LDL cholesterol (also bad cholesterol). Furthermore, physical activity reduces blood pressure, improves insulin sensitivity, and favorably influences cardiovascular function.

Aim to be physically active for at least 30 minutes on most, if not all, days of the week. If you already integrate physical activity into your daily life, try to increase activity to at least one hour per day. Many research studies have shown that it is the duration of exercise – not the intensity of exercise or the amount of improvement in fitness level – that is important for the improvement of cholesterol levels.

Suzanne Toon, MS Exercise Physiologist

heart disease.

How much do I need?

Current recommendations for dietary fiber intake are about 20-35 grams per day.

Specifically, the Institute of Medicine recommends:

Men 50 and younger: 38 grams per day

Men 51 and older: 30 grams per day

Women 50 and younger: 25 grams per day

Women 51 and older: 21 grams per day

Where do I find fiber?

Although there are many fiber supplements on the market today, it is much easier and less expensive to get your fiber through food. And, it tastes better, too! Once you know where to find fiber in foods, you'll probably never need or want a fiber supplement.

A food is considered high fiber if it contains 4 or more grams of fiber. Look through this list of high fiber foods; you may be surprised at some of the tasty ways you can get more fiber in your diet.

Food	Serving	Grams
Artichoke	1 medium	10.3
Beans, black	½ cup	7.5
Beans, kidney, canned	½ cup	6.9
Beans, lima	½ cup	6.6
Beans, navy	½ cup	9.5
Beans, pinto	½ cup	7.7
Blackberries	½ cup	3.8
Bulgur	½ cup	4.1
Cereal, high fiber, bran	½ cup	4 –9
Chickpeas,	½ cup	5.3
Lentils	½ cup	7.8
Pear	1 each	5.1
Peas, split	½ cup	8.2
Potato, baked w/ skin	1 medium	4.4
Potato, sweet, baked w/ skin	1 medium	4.8
Quinoa	½ cup	5
Raspberries	½ cup	4
Soybeans	½ cup	5.1

Source: American Dietetic Association handout sourcing: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>; accessed November 5, 2008. Nutrition Data.com: Nutrition Facts and Information, www.nutritiondata.com; accessed April 28, 2008.

American Dietetic Association, Nutrition Care Manual: Constipation Nutrition Therapy, <http://cms.eatright.org>; accessed June 25, 2008.



Cholesterol Countdown

Know your numbers. Learn how to interpret your cholesterol results and risk for heart disease. Understand the role of LDL, HDL and triglycerides in your body. Explore ways to manage high cholesterol levels through healthy lifestyle modifications.

Date: September 20, 2012
 Time: 12:00pm – 1:00pm CST

[Register Now](#)

Recipe of the Month



Southwestern Salad Wrap

Legumes are a great source of both soluble and insoluble fiber. What are legumes? Legumes are a class of vegetables that includes beans, peas and lentils. Legumes are typically low in fat, contain no cholesterol, and are high in folate, potassium, iron and magnesium. They also contain beneficial fats, and as a good source of protein, legumes can be a healthy option for a meatless meal.

This vegetarian wrap is a quick, easy, and delicious way to add soluble fiber to your diet.

Serves 6

1 can (15.5 oz) black beans or red kidney beans, rinsed and drained

2 tsp olive oil

Adding fiber is an opportunity to get MORE of something in your diet instead of trying to eat less of something. Here are some tips to add more fiber and enjoy its many important health benefits:

- Increase fiber gradually to goal intake of 20 to 35 grams per day. Abdominal discomfort may be experienced initially but is usually temporary.
- Drink at least 8 cups of water each day to limit or avoid discomfort or constipation.
- Eat at least 2 servings of fruits and 3 servings of vegetables daily for an easy and enjoyable way to get more fiber without having to count the grams. Fresh fruits and vegetables with edible skins are ideal.
- Choose whole grain breads, pastas, rolls, crackers, and cereals. Try brown rice, oatmeal, barley, cornmeal, wheat germ, buckwheat, and plain popcorn.
- Use beans and legumes such as lentils, split peas, and black beans more often.
- Increase activity - exercise can help promote healthy digestion.

Melissa Dobbins, MS RD CDE
Interactive Health Solutions Health Coach

Resources:

- [American Heart Association](#)
- [American Academy of Nutrition and Dietetics](#)
- [American Diabetes Association](#)
- [Interactive Health Solutions](#)

- 1 tsp ground cumin, or more to taste
 - ¼ tsp chili powder
 - 2 tbsp cilantro, chopped
 - 6 (8-in) whole wheat tortillas
 - 1 cup diced fresh tomatoes
 - 1 cup shredded cheddar cheese (made with 2% milk)
 - 6 large green-leaf lettuce leaves
- Optional additions:
- 1 avocado, cut into 1/4-inch dice, for serving
 - 1 mango, cut into 1/4-inch dice, for serving

Directions

1. With a potato masher or fork, mash together beans, olive oil, cumin, chili powder, and cilantro in a medium bowl. You may also use a food processor to blend the ingredients.
2. Spread 2 tablespoons bean mixture on each tortilla halfway between the center and bottom edge. Top with 1 to 2 tablespoons each diced tomato and cheese; cover with a lettuce leaf.
3. Fold sides of tortilla over filling; roll from bottom to form a cylinder. Roll in waxed paper and fold ends over; tape to secure. Cut wraps in half diagonally. Serve with avocado and mango, if desired.

Nutrition information per serving:

Calories: 260
 Fat: 7 grams
 Saturated Fat: 2 grams
 Cholesterol: 8 milligrams
 Carbohydrates: 40 grams
 Protein: 13 grams
 Fiber: 10 grams
 Sodium: 680 milligrams
 If avocado and mango are added:
 Per serving:
 Calories: 74
 Fat: 5 grams
 Saturated Fat: 0.5 grams
 Cholesterol: 0 milligrams
 Carbohydrates: 8 grams
 Protein: 1 gram
 Fiber: 3 grams
 Sodium: 3 milligrams

Chef Cheryl Bell, MS RD CDE

Member Website Spotlight

About Interactive Health Solutions



KidsHealth

A recent addition to our member website, [KidsHealth](#) offers a youth-focused medical and wellness database that includes videos, articles, interactive learning, and resource centers. KidsHealth has sections for parents, teens and kids, which feature health-related subjects written to the level of the visitor. For instance, kids' content includes an "Icky Q&A" and "How the Body Works." Teen content includes a "Sports Center" and a "Stress and Coping Center." You will find KidsHealth in the [Education section](#) of the member website.

Check out the [Back to School content](#) to get your kids (and you) ready for the new school year.

Interactive Health Solutions provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate, and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.



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