



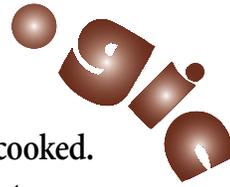
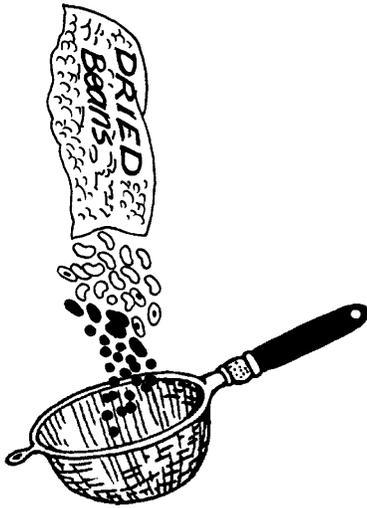
## Tips for Increasing Your Fiber Intake



- Start your day with a high fiber (5 or more grams) cereal or oatmeal.  
Examples: Kashi Go Lean (10g)  
Shredded Wheat (6g)  
Quaker Weight Control Oatmeal (6 g)  
Kashi Heart to Heart (5g)  
Raisin Nut Bran (5 g)
- Orange juice with fiber (3g). This is a new product available in  $\frac{1}{2}$  gallon size.
- Quaker 100 Calorie Chewy Chocolate Chip or Chocolate Peanut Butter granola bars (3g)
- Use whole wheat pastry flour (available at Whole Foods) rather than white flour.
- Make burritos or fajitas with refried beans (1/2-cup= 7g), black beans or pinto beans on a whole wheat tortilla (3g).
- Make chili using chili beans and kidney beans; go light on the beef or use lean turkey.
- Add ground flax seed (2 Tbs. = 4g) to your food. Sprinkle some on cereal, yogurt or add to pancake batter and other baked goods.
- Eat peanut butter (2g) on a slice of whole what bread (3-6g).
- Snack on fruits and veggies. Be sure to eat the skin of your apple or potato. That's where most of the fiber is. Berries are good sources of fiber.

For more information on fiber, check out the following site:

<http://www.mayoclinic.com/health/fiber/NU00033>



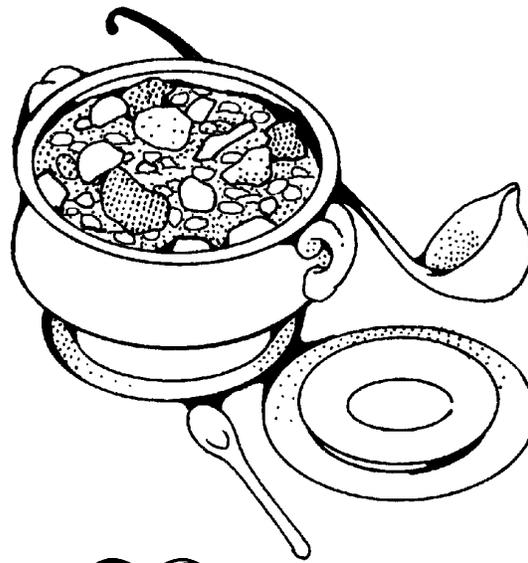
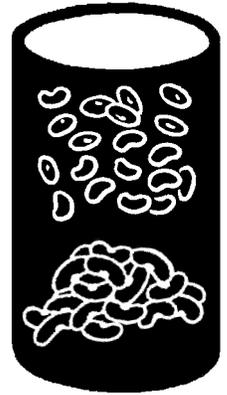
*Beans* – dried, canned, cooked.

Kidney, garbanzo, pinto.

White, black, red, pink... so many kinds!

Beans are full of vitamins, minerals, protein and fiber that are important for your health.

Because beans are high in protein, you can use less meat, chicken or fish in meals that include beans.



# Bean Cooking Times

Use this guide to help you know how long to cook different kinds of beans.

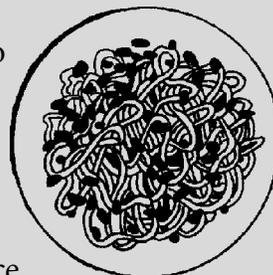
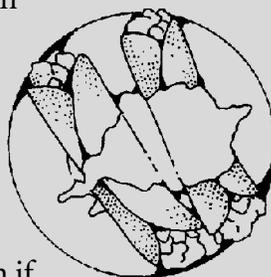
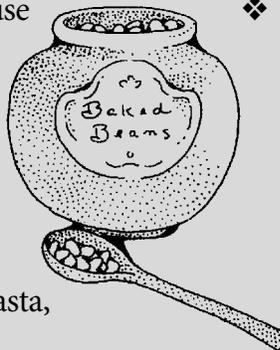
<b>Dry Beans - 1 cup</b> Makes about 3 cups of cooked beans.	<b>Cook in how much water?</b>	<b>Cooking time</b>
Black beans	3 cups	About 2 hours
Blackeyed peas, cowpeas	2 1/2 cups	1/2 hour
Great Northern beans	2 1/2 cups	1 to 1 1/2 hours
Kidney beans	3 cups	About 2 hours
Lentils	2 1/2 cups (Do not soak.)	1/2 hour
Lima beans	2 1/2 cups	45 minutes to 1 hour
Navy or Pea beans	3 cups	1 1/2 to 2 hours
Pink or Pinto beans	3 cups	2 hours

The beans are done once they are tender or soft.

For each cup of dried beans, use the amount of water listed. The cooking time stays the same. For example, to cook 2 cups of dried kidney beans, place clean and soaked beans in 6 cups of water. Cook for about 2 hours.

## Tips for Using Beans

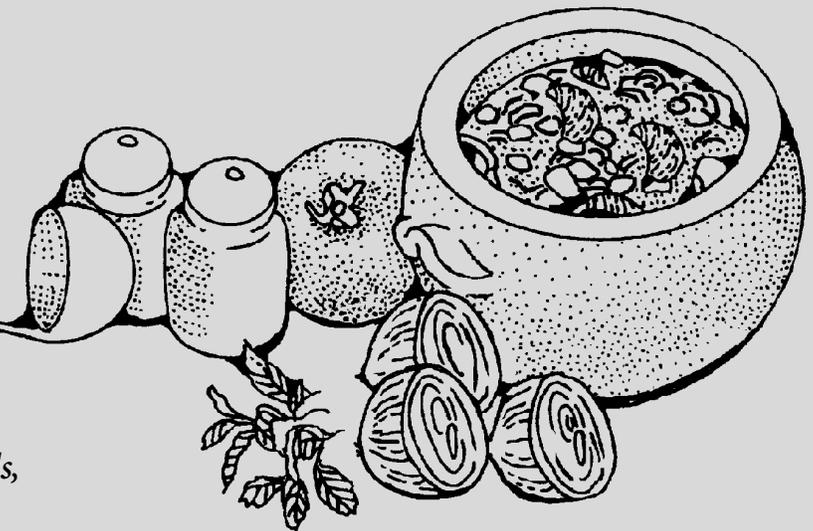
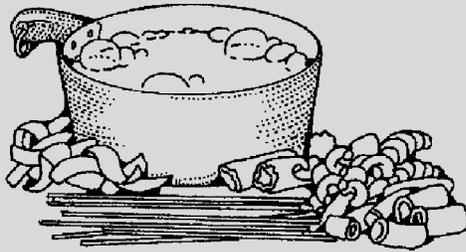
- ❖ When a recipe calls for beans, use canned or cooked dry beans.
- ❖ Canned beans usually should be drained and rinsed before you use them.
- ❖ Use beans in soups, salads, casseroles, stuffings, tacos or burritos, breads, with rice or pasta, with or without meat.
- ❖ Use plenty of beans when you make chili. Use leftover chili for fillings in Mexican recipes.
- ❖ For easy baked beans, combine 3 cups cooked beans with 1 or 2 chopped onions, 1/2 cup ketchup mixed with a 1/2 cup water, 3 Tablespoons molasses, and pieces of leftover cooked ham if you like. Bake in a covered baking dish for about 1 hour at 350° F.
- ❖ Here are some ways to add beans to your favorite foods:
  - Add beans to a tossed salad, about 1/4 cup per person.
  - Add beans to spaghetti sauce, about 1/3 cup for each cup of sauce.



- ❖ Try this filling for Mexican food:
  1. Stir fry chopped onion and green pepper in a small amount of oil until soft.
  2. Add cooked or canned beans (about 1/3 cup per serving) and some of your favorite tomato salsa. Season with chili powder, garlic powder or cilantro.
  3. When beans are heated, mash then a little to make a thicker mixture.
  4. \* For tacos, fill taco shell with bean mixture. Top with shredded cheese, chopped lettuce and tomatoes, and more salsa if you like.
  - \* For burritos, warm the flour tortilla. Place about 1/3 cup filling on one side, top with shredded cheese, vegetables, sour cream – whatever you like. Roll up and serve with extra salsa.
  - \* For quesadillas, use a flour tortilla. Spread bean mixture on half of the tortilla. Top with favorite toppings and cheese. Fold the other half on top. Heat and serve.

## Bean Soup

- 1 cup dry beans, soaked and drained
- 4 cups chicken broth
- 4 cups water
- 2 cups tomato sauce, tomato juice, or canned crushed tomatoes
- 1 or 2 onions, chopped
- 1 teaspoon dried oregano or basil
- 1/4 cup uncooked pasta (macaroni, shells, ziti, bowties, penne, noodles, etc.)
- 1/8 cup barley (optional)

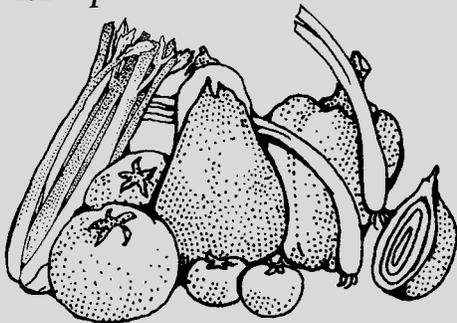


1. Place beans, broth, water, tomato sauce, juice or tomatoes, chopped onion, and herbs in a large pot.
2. Cover and cook on medium-low heat for 2 to 3 hours.
3. Add pasta and barley (optional). Cook until tender.

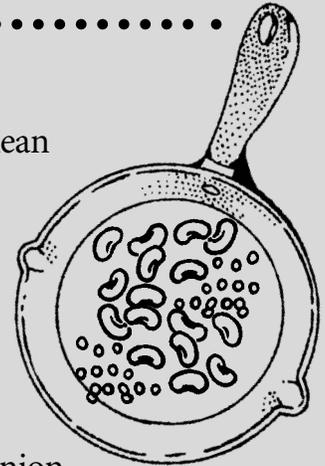
Makes 8 servings. Serve with crackers and cheese, tossed salad, milk to drink and canned fruit for dessert.

## Bean and Vegetable Stir-fry

- 1 onion or green pepper
- 2 stalks celery
- 3 carrots
- 1 cup vegetables (fresh or frozen), chopped into bite-sized pieces
- 2 Tablespoons oil
- 2 cups beans, cooked or canned
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger powder
- 1/4 cup soy sauce
- 1 small can tomato paste
- 1/2 cup water



1. Peel and chop onion. Or wash, clean and chop green pepper.
  2. Wash and chop celery. Wash, scrub or peel, and slice carrots.
  3. Wash and cut up other vegetables if fresh. Place in a bowl to use later.
  4. Heat oil in a large fry pan. Add onion or green pepper, celery and carrots. Cook over medium high heat for about 5 minutes.
  5. Add 1 cup of prepared vegetables, stir and cook for 5 minutes. If you use frozen vegetables, add with the ingredients below.
  6. Add beans, garlic powder, ginger, soy sauce, tomato paste and water.
  7. Cook slowly for 10 to 15 minutes until heated through.
- Makes 6 servings. Serve over cooked rice or thin spaghetti.



\* If you like, add pieces of leftover cooked chicken or other meat with the beans.

# Bean and Pasta Salad

1 pound pasta, cooked

2 cups assorted raw vegetables, washed and chopped (green or red pepper, zucchini, broccoli, cabbage, cauliflower, carrots, celery, onion, cucumber)

1/2 cup black or green olives (optional)

2 cups cooked or canned beans, rinsed and drained

## Dressing:

Use favorite salad dressing or make your own with:

1/2 cup mayonnaise

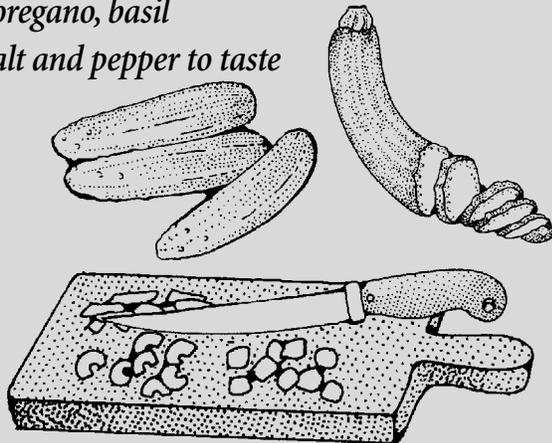
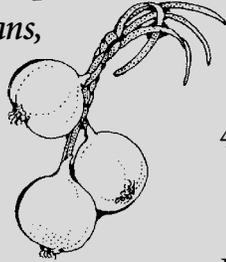
1/2 cup low fat sour cream or yogurt

2 Tablespoons Dijon mustard

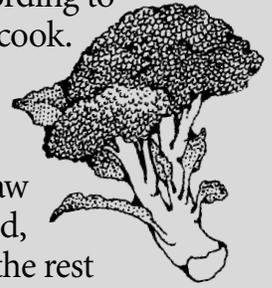
1 Tablespoon lemon juice or vinegar

1/2 teaspoon herbs to taste: dill, oregano, basil

Salt and pepper to taste



1. Cook pasta in boiling water, according to package directions. Do not overcook.
2. Drain and rinse with cold running water. Drain very well.
3. In a large bowl, place prepared raw vegetables. Add 1/2 of the cooked, drained pasta. Mix gently. Add the rest of the pasta, the beans and olives. Stir gently.
4. In a small bowl, mix all of the ingredients for the dressing. Pour over salad, and stir gently to blend well.

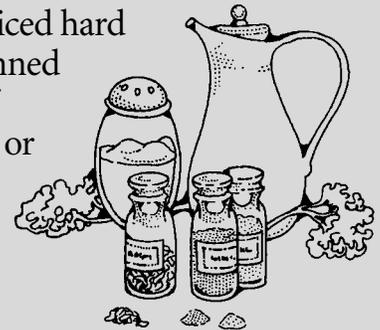


Makes 8 large servings. Serve on a bed of lettuce leaves, with fresh tomatoes or other vegetables in season.

\* If you don't have fresh vegetables, use frozen cooked, or canned drained vegetables such as peas, green beans, carrots, broccoli or mixed vegetables.

\* For more protein, add sliced hard cooked eggs, drained canned tuna, bite-sized pieces of cheddar or Swiss cheese, or leftover cooked chicken or ham.

\* Use leftover cooked rice in place of pasta.

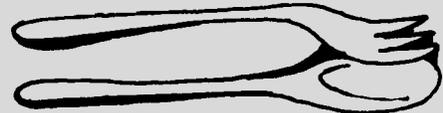
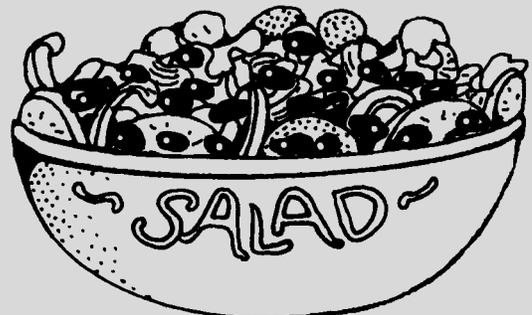


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## Bean Salad

In a medium sized bowl, mix:

- 2 cups drained cooked or canned beans
- 1/4 cup finely chopped green pepper or celery
- 1 Tablespoon minced onion
- 1/2 cup peeled and chopped cucumber
- Top with favorite Italian dressing or homemade dressing. Serve over washed and torn lettuce leaves with cherry tomatoes or radishes on the side.



# Nutrition

## fact sheet

## Get Smart – Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat! Here's why it's smart to check out the Nutrition Facts found on most food labels:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and *trans* fats

Use this guide to help you make healthy food choices that meet your nutritional goals.

### *A Quick Guide to Reading the Nutrition Facts Label*

#### *Start with the Serving Size*

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

#### *Check Out the Total Calories and Fat*

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut

back on calories and fat if you are watching your weight!

#### *Let the Percent Daily Values Be Your Guide:*

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember percent DV are for the entire day not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

#### *The High and Low of Daily Values*

- 5 percent or less is low – try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high – try to aim high in vitamins, minerals and fiber

*Limit Fat, Cholesterol and Sodium*  
Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:

- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100% DV or less per day.
- Saturated fat and *trans* fat are linked

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 260</b>	Calories from Fat 120
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 660mg</b>	<b>28%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

to an increased risk of heart disease.

- Sodium – high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients!

#### *Get Enough Vitamins, Minerals and Fiber*

- Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.



## Information

The American  
Dietetic  
Association  
Knowledge Center

For food and nutrition  
information or for a  
referral to a nutrition  
professional in your  
area call:

800/366-1655

or visit:

[www.eatright.org](http://www.eatright.org)

For more food label  
information:

[www.cfsan.fda.gov/label.html](http://www.cfsan.fda.gov/label.html)



## Step Up to Nutrition & Health



**American Dietetic Association**

"Your link to nutrition and health"™

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Chicago, Illinois 60606-6995

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- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for % DV of these nutrients!

### *Additional Nutrients*

**Protein** – Most Americans get more protein than they need, so a % Daily Value is not required on the label. Choose moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

**Carbohydrates** – There are three types of carbohydrates—sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

**Sugars** – Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

### *Daily Values Foot Note*

■ This is a reference chart that applies to healthy people eating either 2,000 calories a day or 2,500 calories, and shows the daily maximum amounts for total fat, saturated fat, cholesterol and sodium.

### *Check the Ingredient List*

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Effective January 2006, manufacturers are required to clearly state if food products contain any ingredients that contain protein derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

### *What Health Claims on Food Labels Really Mean*

Ever wonder about the difference between reduced fat and low fat? Or does "light" on a label really mean no fat?

FDA has strict guidelines on how these food label terms can be used. Here are some of the most common claims seen on food packages and what they mean:

- **Low calorie** – Less than 40 calories per serving.
- **Low cholesterol** – Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** – 25% less of the specified nutrient or calories than the usual product.
- **Good source of** – Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- **Calorie free** – Less than 5 calories per serving.
- **Fat free / sugar free** – Less than ½ gram of fat or sugar per serving.
- **Low sodium** – Less than 140 mg of salt per serving.
- **High in** – Provides 20% or more of the Daily Value of a specified nutrient per serving.
- **High fiber** – 5 or more grams of fiber per serving.
- **Lean (meat, poultry, seafood)** – 10 grams of fat or less, 4½ grams of saturated fat, and less than 95 mg cholesterol per 3 ounce serving.
- **Light** – ⅓ fewer calories or ½ the fat of the usual food.
- **Healthy** – Decreased fat, saturated fat, sodium, and cholesterol and at least 10 % of the DV of vitamins A, C, iron, protein, calcium, and fiber.

FDA also sets standards for health-related claims on food labels in order to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.