

Weaving Fiber into Your Diet

It's a Good Way To Prevent a Whole Host of Problems

Dietary fiber is the part of food that can't be broken down during digestion. It plays a major role in keeping your digestive system in good working order. And that's really important. But fiber has a number of other potentially healthy benefits, too.

A low-fat/high-fiber diet may:

- Lower your cholesterol and reduce your chance of heart disease
- Reduce your risk of some types of cancer, including colon cancer
- Reduce your risk of type 2 diabetes
- Reduce your risk of diverticulosis, a common condition in which small pouches form in the colon wall and can lead to a more severe condition called diverticulitis. Even if you do develop diverticulosis, a high-fiber diet may help prevent it from getting worse.

Soluble vs Insoluble Fiber: Where to Get It and What It Does

- Insoluble fiber is found mostly in whole-grain products, such as wheat bran cereal, fruit and vegetables. It provides "bulk" for digestion and helps speed up the process.
- Soluble fiber is found in beans, peas, many fruits and vegetables, oat bran, whole grains, barley, cereals, seeds, rice, certain types of pasta, breads and crackers. It can help stabilize blood sugar if you have diabetes. And it helps lower "bad cholesterol."

Read food labels and look for the Daily Value (DV) percentage of fiber per serving

- 5% DV or less is *low* in fiber
- 20% DV or more is *high* in fiber

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: U.S. Food & Drug Administration, 2018

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu 1 Grape Juice Chicken Vegetable Casserole Country Corn Stewed Tomatoes Whole Wheat Bread Margarine White Cake Milk</p>	<p>Menu 2 Chopped Steak/Gravy Delmonico Potatoes Lima Beans Mixed Fruit Wheat Roll Margarine Pecan Spin Milk</p>	<p>Menu 3 Smoked Sausage Red Beans and Rice Coleslaw Fresh Fruit Texas Bread Margarine Raspberry Gelatin Milk</p>	<p>Menu 4 Apple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Mustard Greens Cornbread Margarine Butterscotch Pudding Milk/Buttermilk</p>	<p>Menu 5 Blended Juice Italian Mac/Whole Grain Pasta Green Beans Tossed Salad/Ranch Dressing Wheat Bread Margarine Fudge Brownie Milk</p>
<p>Menu 6 Orange Juice Tertiyaki Pork Patty Fried Rice Spring Vegetables Whole Wheat Bread Margarine Fig Bar Milk</p>	<p>Menu 7 Cranberry Juice Chicken Tetrazzini Spinach Whole Kernel Corn Wheat Roll Margarine Marble Cake Milk</p>	<p>Menu 8 Taco Salad: Taco Meat Pinto Beans Taco Salad Mix Corn Chips Sour Cream Taco Sauce Orange Gelatin Milk/Chocolate Milk</p>	<p>Menu 9 Apple Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Raisin Crème Pie Milk/Buttermilk</p>	<p>Menu 10 Salsbury Steak/Mushroom Gravy Whipped Potatoes Green Peas Fresh Fruit Wheat Bread Margarine Chocolate Pudding Milk</p>
<p>Menu 11 Grape Juice Chicken/Broccoli/Rice Casserole Field Peas with Snaps Tropical Fruit Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>Menu 12 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk</p>	<p>Menu 13 Meatloaf/Tomato Gravy Country Potatoes Green Beans/Red Peppers Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>Menu 14 Earth Day/Theme Meal Chicken Thigh/Lemon Pepper Sauce Macaroni and Cheese Turnip Greens Fresh Fruit Cornbread Margarine Mississippi Mud Pudding Milk/Buttermilk</p>	<p>Menu 15 Orange Juice Ham and White Beans Garden Vegetables Cabbage Wheat Bread Margarine Chocolate Chip Crème Pie Milk</p>
<p>Menu 16 Grape Juice Chicken/Broccoli/Rice Casserole Field Peas with Snaps Tropical Fruit Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>Menu 17 Cranberry Juice Smothered Chicken Yellow Rice Green Peas Whole Wheat Bread Margarine Chocolate Cake/Whipped Topping Milk</p>	<p>Menu 18 BBQ Meatballs (3) Mixed Greens Baked Potato Salad Fresh Fruit Cornbread Margarine Assorted Snack Cakes Milk/Buttermilk</p>	<p>Menu 19 Blended Juice Chicken Parmesan Whole Grain Penne/Tomatoes Green Beans Wheat Bread Margarine Lime Gelatin/Pears Milk</p>	<p>Menu 20 Hamburger/Bun Baked Beans Italian Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>
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Comments or Suggestions