



# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Fuel with Fiber

How can something that humans can't digest be an essential part of a healthy diet? The fabulous functions of fiber include relieving constipation, lowering high cholesterol, and controlling blood sugar levels. It is important to eat a variety of fibrous foods in order to get the different types of fiber in your diet.

#### What is Fiber?

	Sources	Benefits
<b>Insoluble Fiber</b>	Wheat bran, whole grains, potatoes, and green vegetables such as broccoli.	Helps maintain regularity by increasing the speed that food travels through the large intestine.
<b>Soluble Fiber</b>	Oats, barley, nuts, seeds, beans, lentils, and fruits.	A pre-biotic that fuels the intestinal microbiota, maintains colon health and may prevent colon cancer. It also helps reduce the amount of cholesterol produced in the liver and aids in removing cholesterol from the body. This can result in decreased blood cholesterol levels.

Most of us get about 50-65% of the daily recommendation of fiber each day. Following the daily meal tips below and getting two servings of fiber per meal, can help you reach the recommended 25-30 grams per day. When increasing your fiber intake, be sure to include adequate amounts of water in your diet to aid in digestion. Here are some easy ways to bulk up your fiber in the dining halls.

- **Breakfast:** Start off the morning with oatmeal or fiber packed cereals, such as Raisin Bran, Special-K Berries, or Frosted Mini Wheats paired with low-fat milk.
- **Lunch:** Use whole wheat, pumpernickel, multi-grain or rye bread available at the sandwich bar. If you're feeling pizza or pasta try adding toppings like spinach or broccoli.
- **Dinner:** Begin with an appetizer of bean soup or chili. Then, ditch the white rice and try making a stir-fry using brown rice.
- **Snacks:** Fresh fruits and vegetables are always great for snacks on-the-go. Mix things up by creating your own trail mix with nuts and dried fruit such as apples, raisins, craisins, or apricots.



#### Fiber-to get you through the hard times

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Questions? Post on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggy@dining.edu](mailto:peggy@ dining.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.