

THE HEARTBEAT

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FACTS ON FIBER

By Annette Payne, RD, LD, CDE

There's a lot of fuss about fiber these days. We know it is good for us, but most of us do not get enough of it. On average, adults only get 15 grams of fiber each day.

Fiber at Work

- Heart Disease: Fights heart disease by lowering cholesterol levels.
- Cancer prevention: Lowers the chance of getting certain cancers (colorectal cancer).
- Diabetes: Controls your blood glucose by slowing the breakdown of nutrients.
- Digestive Health: Prevents constipation and lowers the risk of hemorrhoids.
- Healthy Weight: Helps manage weight because it makes you feel full longer.

How Much Do You Need?

It is recommended for men 50+ years old to get 30 grams of fiber per day and women 50+ to get 21 grams of fiber per day.

High Fiber Foods

Good sources include plant based foods such as beans, whole grains, fruits/veggies, nuts, and seeds.

Boost Your Fiber Intake

- Eat whole grain cereal with at least 5 grams of fiber such as Shredded Wheat, Raisin Bran, Grape Nuts, or Fiber One.
- Try topping yogurt with whole-grain cereal or fruit.
- Use whole-grain breads with at least 2-3 grams of fiber per slice.
- Choose whole fruits more often than juices.
- Toss dried fruits, nuts, and chickpeas into salads.
- Snack on low-fat popcorn rather than potato chips.
- Increase fiber slowly and drink plenty of water to take time for your digestive system to adjust.
- Only add about 5 grams of fiber per day, until you reach your goal.

WE LOVE WATER

by Ryan Ross, BAC

Hey Seniors!

It sure is a toasty summer, so make sure you are staying cool with your fans and getting plenty of hydration. To know if you are hydrated, check the color of your urine. You are looking for a pale yellow or clear color.

Drinking water is only half the battle though. To help balance fluids in the body, support your muscles, and prevent cramps, you should also consume carbohydrates and electrolytes. These can be found in green vegetables, bread, nuts, grains, dairy, bananas, tomatoes, and other tasty foods.

Speaking of food, did you know you can receive about 20 percent of your daily fluid intake just by eating? Foods like melon, cucumbers, oranges, and strawberries have plenty of fluid just to name a few. To make your water even tastier, try adding those fruits or your own twist to flavor up your water.

Be safe! Hydrate!!!

Finally, we would like to give a special thank you to US Foods for donating 50 cases of water to us. This will help cool off our volunteers and keep us healthy through the summer heat. We cannot thank you enough US Foods.

Summer Word Search



BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER



Overnight No-Cook Banana Oatmeal

By Annette Payne, RD, LD, CDE

Serves 4 | Cost per serving: \$1.88

Ingredients:

- 2 1/2 cups skim milk
- 1 tbsp. honey
- 1 tsp. vanilla extract
- 3 1/2 cups rolled oats (not instant)
- 2 bananas, halved lengthwise and sliced.
- 1/4 cup chopped, unsalted pecans or walnuts.

Directions:

1. In a large, resealable container or bowl: add milk, honey, and extract.
2. Stir, add oats, and stir again.
3. Seal/cover then place in the refrigerator and let sit overnight.
4. The next day, peel each banana. Halve each lengthwise and slice.
5. Divide sliced bananas and nuts over each oatmeal portion.
6. Serve

Tips:

- Add more oats for thicker consistency or add more milk for a more liquid consistency.
- Natural sweeteners such as maple syrup or honey add sweetness instead of sugar.

Nutrition Facts: (per serving)

Calories: 443

Total Fat: 9g

Cholesterol: 3mg

Total Carbohydrates: 74g

Dietary Fiber: 10g

Protein: 18g

Source: American Heart Association