



# Home on the Range

## Ideas For Increasing Fiber Intake

Fiber is found in fruits, vegetables, grains, nuts, seeds, dried beans, split peas, and lentils. It is the part of plants that the body cannot digest easily. Fiber includes plant cell walls (cellulose) and other substances, such as pectin and gums. There is no dietary fiber in meat or dairy products.

We need to eat fiber for good health. A high-fiber diet may lower the risks for certain cancers, heart disease, and even obesity. Most Americans' diets contain, on the average, about 10 grams of fiber. Try to choose foods that add up to 20-30 grams of fiber per day.

Remember that a diet too high in fiber (more than 35 grams per day) is not recommended. As is true of other nutrients, some fiber is needed — but too much can unbalance your diet.

### Adding Fiber

There are many ways to add fiber to your diet:

- Add sliced fresh fruit to cereal, yogurt, or cottage cheese. Use fresh fruit slices instead of jelly on peanut butter sandwiches.

- Use whole wheat or rye bread in place of white bread. Choose whole grain crackers in place of saltines or snack crackers.

- Use fresh fruit and vegetables every day. Instead of potato chips, try raw broccoli, cauliflower, carrots, and green pepper with dips. Fresh fruit in season is a great snack or dessert.

- Use more beans and peas in meals. Try split pea or lentil soup, brown rice and beans, or chili. Use cooked dry beans or canned beans in salads and casseroles.

- Use whole wheat flour in place of all or part of the white flour in recipes.

- Choose whole grain cereals for breakfast in place of refined, sugary cereals.

- Eat potatoes with the skin.
- When you cook vegetables, steam or stir fry until they are tender but still crisp.

- Use sunflower seeds, sesame seeds, or wheat germ for toppings on casseroles, or add them to baked goods like quick breads and cookies. Use them when you make meatloaf, and use rolled oats in place of bread crumbs.

### BANANA BREAD

½ cup sugar  
 ½ cup egg substitute  
 2 cups mashed bananas (about 5)  
 2 cups whole wheat pastry flour  
 1 teaspoon baking powder  
 ½ teaspoon baking soda  
 1 teaspoon cinnamon  
 With mixer, beat together sugar, eggs, and bananas. Add dry ingredients; mix well. Pour into loaf pan sprayed with cooking spray. Bake at 350 degrees for 45 minutes. Makes 16 slices.

### SIMPLE CHICKEN PASTA SALAD

4 ounces cooked pasta twists or bows  
 1 6-ounce boneless chicken breast, poached, cooked, and cubed, or 1 cup cubed cooked chicken  
 1 10-ounce frozen package chopped broccoli, thawed and drained, or 1 cup chopped fresh broccoli  
 ½ cup frozen peas, thawed  
 1 16-ounce can stewed tomatoes  
 1 teaspoon Italian blend herbs  
 ¼ teaspoon white pepper  
 1 tablespoon Parmesan cheese  
 Combine all ingredients in salad bowl; cover and chill for 20 minutes. Makes 3 servings.

### ONE-DISH MEAL

½ pound lean ground beef  
 ½ cup canned or fresh tomatoes, diced  
 ¼ cup rice (uncooked)  
 ¼ cup water  
 Pepper to taste  
 1 cup cooked split peas or frozen thawed green peas  
 Put ground beef in a pan and cook over medium heat until browned. Drain off fat. Add tomatoes, rice, water, and pepper. Cover and boil gently about 25 minutes or until rice is tender. Add split peas. Heat moderately until hot. Makes 2 servings.

### EASY BROWN RICE AND BEANS

4 tablespoons brown rice  
 ¼ cup water  
 7-ounce can stewed tomatoes  
 ½ cup chopped celery (1 stalk)  
 ½ cup chopped onions (½ medium onion)  
 ½ cup chopped green pepper (½ medium)  
 7-ounce can red kidney beans (or ½ 14-ounce can)  
 Pinch of garlic powder  
 2 drops hot sauce  
 Dash of pepper  
 Cook rice in water until water is absorbed. In skillet cook chopped celery, onion, and green peppers slowly over low heat about 10 minutes. Add drained canned beans, stewed tomatoes, and seasoning. Bring to a boil, and then simmer uncovered about 10 minutes. Add cooked rice and mix. Makes 2-3 servings.



Look for creative ways to add fiber to your diet. Apples sprinkled with whole grain cereal and nuts, and replacing part of white flour with whole wheat flour in baking breads, muffins, and coffee cakes are some ideas.

## Featured Recipe

We need to eat fiber for good health. It is reported that a high fiber diet lowers the risk of certain cancers, heart disease, and obesity.

Unfortunately, most American diets contain an average of 10 grams of fiber compared to the recommended 20-30 grams of fiber per day.

Take a look at the many recipes on this page to find ways to incorporate more fiber in your daily diet.

Here's a recipe that uses autumn's abundance of apples. One apple with peel contains three grams of fiber. Fresh fruit and raw vegetables make great snacks to help boost fiber intake.

Remember to drink plenty of water. If you greatly increase your fiber intake without drinking at least eight glasses of water daily, you can compound constipation problems.

### CRUNCHY APPLE MAPLE CRISP

4 large apples, cored, peeled and thinly sliced (4 cups)  
 2 tablespoons brown sugar  
 1 teaspoon ground cinnamon, divided  
 1½ cups firmly packed brown sugar  
 1½ cup flour  
 2 tablespoons butter  
 2 cups Post Selects Maple Pecan Crunch Cereal  
 Toss apples with 2 tablespoons brown sugar and ¼ teaspoon cinnamon. Spoon into 9-inch pie plate or quiche dish.  
 Mix 1½ cup brown sugar, flour and remaining ¼ teaspoon cinnamon in large bowl. Cut in butter until mixture resembles coarse crumbs. Stir in cereal. Sprinkle over apple mixture.  
 Bake at 375F for 30 minutes or until apples are tender. Serve warm. Makes 8 servings. Bake: 30 minutes.

### APRICOT RICE

Cook ¼ cup long-grain rice with 1½ cups water till tender; drain. Drain one 8¼-ounce can apricot halves, saving 3 tablespoons syrup. Combine syrup, cooked rice, and 2 tablespoons orange juice concentrate. Spoon into 2-cup baking dish; top with apricots and bake at 375 degrees for 20 minutes. Makes 2 servings.

### YUMMY YAMS

3 medium yams  
 1 cup dried prunes (soaked, drained)  
 2 tablespoons lemon juice  
 2 teaspoons margarine  
 2 tablespoons fruit juice (orange, apple, etc.)  
 Pinch of mace, pinch of ginger  
 ½ teaspoon salt

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Food	Amount	Grams of fiber
<b>FRUITS</b>		
Apple	1 medium	3.0
Apple juice	¾ cup	0
Banana	1 medium	1.8
Cantaloupe	¼ melon	1.0
Orange	1 medium	3.6
Orange juice	¾ cup	0.4
Peach	1 medium	1.4
Raisins	¼ cup	2.0
Strawberries	½ cup	2.0
<b>VEGETABLES</b>		
Broccoli, cooked	½ cup	3.6
Cabbage, raw	½ cup	1.0
Carrot	1 medium	2.3
Corn	½ cup	2.0
Green beans	½ cup	1.0
Onion, cooked	1 medium	0.8
Peas, green	½ cup	3.0
Potato, with skin	1 medium	3.0
Potatoes, French fried	10 strips	1.6
Tomato	1 medium	1.6
Tomato juice	¾ cup	1.4
<b>BREADS AND CEREALS</b>		
Bran flakes	¾ cup	4.2
Bread, white	1 slice	0.5
Bread, whole wheat	1 slice	2.0
Corn flakes	1 cup	0.5
Crisp rice cereal	1 cup	0.1
Oatmeal, cooked	½ cup	2.3
Popcorn	1 cup	0.4
Rice, white, cooked	½ cup	1.0
Spaghetti and macaroni	½ cup	1.0
Tortilla, corn	1 medium	1.5
<b>NUTS</b>		
Peanuts	¼ cup	3.2
Peanut butter	2 Tbsp.	3.4
Walnuts	¼ cup	2.0
<b>LEGUMES</b>		
Baked beans	½ cup	9.8
Kidney beans	½ cup	4.3
Lima beans	½ cup	6.5
Navy beans	½ cup	5.0
Pinto beans	½ cup	6.4