

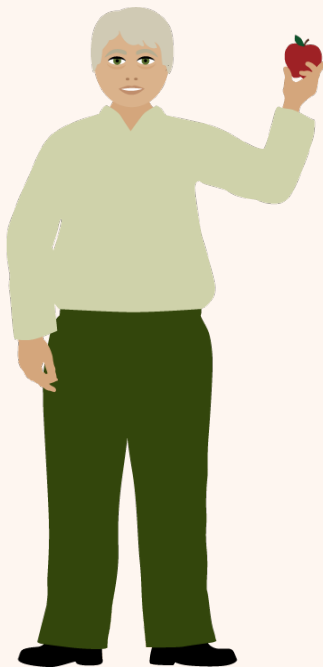
How to Increase Volume in Your Meals

By adding certain types of food to your diet and drinking more water, you can actually increase the amount of food you eat, while staying within your fat gram and calorie goals.

Add WATER to your meals

- ☑ Make soups and stews, either as a starter or a main meal
- ☑ Drink a small portion of fruit juice with added water or soda water

Add FRUIT to increase water and fiber



- ☑ Choose whole fruits, fruits canned in water or juice, and frozen fruits
- ☑ Begin your meal with fruit; half of a fresh grapefruit could be an appetizer
- ☑ Add fruit to your favorite nonfat yogurt
- ☑ Add strawberries, pears, or mandarin oranges to lettuce salads
- ☑ Add mango or fruit cocktail to rice
- ☑ Keep frozen fruit in your freezer; blend with nonfat yogurt for a great smoothie
- ☑ Add fruit to your breakfast cereal or oatmeal as a way to sweeten it
- ☑ Substitute applesauce or pureed prunes to baked goods and reduce the amount of oil

Add VEGETABLES to increase water and fiber

- ☑ Begin your meal with a salad, raw vegetables, or a broth soup that has lots of vegetables
- ☑ Try out new vegetables; try some “new” kinds of greens, such as arugula, spinach, or romaine, in your salad
- ☑ Try drinking vegetable juice or tomato juice
- ☑ For a snack, choose raw vegetables with a low-fat or nonfat dip
- ☑ Add vegetables to your cooked dishes
- ☑ Have fresh, frozen, or canned vegetables on hand to add to casseroles or mixed dishes (add spinach, diced carrots, and extra onions to chili; add broccoli to baked ziti; add plenty of vegetables to jars of tomato sauce)

SOUPS are satisfying

- ☑ Numerous research studies report that adding soup to a meal helps people eat less
- ☑ Broth-based soups have been shown to help people lose weight and keep weight off
- ☑ Soup takes a long time to eat, fills up your stomach, and leaves you feeling full for longer
- ☑ Choose soups with low-fat broth or stock (instead of cream-based); lots of vegetables; lean protein, such as chicken, turkey, lean beef, beans, lentils, barley, or tofu
- ☑ Aim for broth-based soups with about 100 calories per cup
- ☑ Add vegetables or beans to prepared low-fat soups
- ☑ Choose low salt/sodium soups and broths

SALADS are filling

Vegetable Salads

- ☑ Any combination of vegetables makes a great salad
- ☑ For more fiber and a tasty crunch, add two tablespoons of nuts to your salad
- ☑ Use lower-calorie dressings
- ☑ Add chicken, canned tuna, or beans (black beans, kidney beans, chickpeas, soybeans) to a salad

Grain and Bean Salads

- ☑ Add vegetables to add bulk to brown rice, couscous, or barley salad
- ☑ Combine three different beans with vegetables, herbs, and a vinegar-based dressing

LEGUMES are versatile

- ☑ Add beans or lentils to soups, chili, salads, pasta, rice, pizza, casseroles, and pasta sauces
- ☑ Legumes also make great dips; spread hummus on sandwiches or use it as a dip

NUTS, SEEDS, and DRIED FRUITS are nature's bounty

- ☑ Add these to cereals, salads, and vegetables
- ☑ They are good sources of fiber, but contain little water
- ☑ Caution: nuts and seeds are higher in calories and fat; eat them in moderation

Use WHOLE GRAINS

- ☑ The USDA MyPlate recommends that half of grains eaten should be whole grains
- ☑ Use whole grain pasta, rice, cereal, and bread
- ☑ It is important to eat whole grain products *in the place of* refined grain products, rather than *adding* whole grain products in order to meet your fat and calorie goals

What is Fiber?

Fiber is a material found only in plant food; it is essentially the cell walls of plants. Our digestive systems cannot digest or break down fiber. For this reason, fiber is sometimes referred to as “bulk” or “roughage.” Whole grains, fruits, and vegetables are all excellent sources of fiber.

There are two major types of fiber: **soluble** and **insoluble**.

➤ **Soluble Fiber**

This type of fiber is found mostly in legumes (beans), oatmeal, barley, broccoli, and citrus fruits. An especially rich source of soluble fiber is oat bran. Soluble fiber has been shown to lower cholesterol and improve blood glucose levels. “Soluble” refers to the fact that it can be dissolved in water.

➤ **Insoluble Fiber**

This type of fiber is found mostly in the skins of fruits and vegetables and in whole grain products and wheat bran. Insoluble fiber speeds the passage of material through the gastrointestinal system, thus helping the body get rid of waste. The term “insoluble” refers to the fact that this type of fiber cannot be dissolved in water.



Diabetes Prevention, Weight Loss, and Fiber

Fiber can be especially helpful for people trying to lose weight and prevent type 2 diabetes.

Here are three reasons why fiber can help with weight loss:

1. High-fiber foods tend to be low in fat and calories.

Remember that fiber is found only in plant foods, not in animal products. Plant-based foods are generally low in fat and calories. Continue to pay attention to portion-size and the way you prepare food - there is a big difference between broccoli covered with butter or cheese sauce and broccoli steamed with lemon juice or herb seasonings.

2. Many high-fiber foods take longer to chew and therefore allow time for your body to realize that you are full.

Since fiber needs to be chewed, it slows down the eating process. This allows the body time to “catch up” and feel full, which in turn can help prevent overeating.

3. By absorbing water, fiber creates bulk and can help you feel full.

Fiber has an absorbent quality, just like a sponge. It allows water to remain in the stomach and intestines longer than it otherwise would. This creates “bulk,” which makes you feel full longer and as a result makes it less likely that you will overeat during the day.

Tips for Increasing Fiber

When including fiber-rich foods in your diet, keep the following tips in mind:

✓ **Increase fiber slowly**

If you try to add too much fiber too quickly, you might feel unpleasant symptoms such as gas, cramps, and diarrhea. If you increase your fiber intake gradually, your body will be able to adjust to the change.

✓ **Drink water**

Since fiber absorbs water, it is important to drink plenty of water so that the fiber will help move waste products through the body.

✓ **Choose fiber-rich foods instead of, not in addition to, low-fiber foods**

Even fiber-rich foods have calories, so keep your eye on your total calorie intake for the day. Focus on fruits and vegetables with skin. Whenever possible, use whole grain products – they have more fiber.

✓ **Watch for fats**

Even when products are advertised as “high-fiber,” remember to check the label for fat content. Some high-fiber products are high in fat.

✓ **Set a fiber goal**

Experts suggest that a healthy adult should eat **25 to 38 grams** of fiber per day. Most adults, however, consume only 10 to 15 grams, meaning that many people should increase their fiber by over 50-100% per day!

✓ **Follow the advice of MyPlate**

MyPlate suggests making half your plate fruits and vegetables and making half of the grains you eat whole grains. This should help you reach the fiber gram goal of at least 25 grams per day if you choose fresh fruits and vegetables and whole grain products.

Where's the Fiber?

Mayo Clinic: "High-fiber foods" <u>Fiber</u> Serving size(grams)			
FRUITS	Raspberries	1 cup	8.0
	Pear, with skin	1 medium	5.5
	Apple, with skin	1 medium	4.4
	Strawberries (halved)	1 ¼ cup	3.8
	Banana	1 medium	3.1
	Orange	1 medium	3.1
	Figs, dried	2 medium	1.6
	Raisins	2 tablespoons	1.0
CEREAL, PASTA, & GRAINS	Bran cereal (various)	1/3 - ¾ cup	5-10+
	Spaghetti; whole-wheat, cooked	1 cup	6.2
	Barley; pearled, cooked	1 cup	6.0
	Oat bran muffin	1 medium	5.3
	Oatmeal; quick, regular or instant, cooked	1 cup	4.0
	Popcorn, air-popped	3 cups	3.5
	Brown rice, cooked	1 cup	3.5
	Bread,whole-wheat, multigrain, or rye	1 slice	1.9
LEGUMES, NUTS, and SEEDS	Split peas, cooked	1 cup	16.3
	Lentils, cooked	1 cup	15.6
	Black beans, cooked	1 cup	15.0
	Lima beans, cooked	1 cup	13.2
	Baked beans; vegetarian, canned, cooked	1 cup	10.4
	Sunflower seed kernels	¼ cup	3.9
	Almonds	1 oz.(≈23 nuts)	3.5
	Pistachio nuts	1 oz.(≈49 nuts)	2.9
	Pecans	1 oz.(≈18 halves)	2.7
VEGETABLES	Artichoke, cooked	1 medium	10.3
	Peas, cooked	1 cup	8.8
	Broccoli, boiled	1 cup	5.1
	Turnip greens, boiled	1 cup	5.0
	Sweet corn, cooked	1 cup	4.2
	Brussels sprouts, cooked	1 cup	4.1
	Potato; with skin, baked	1 medium	2.9
	Carrot, raw	1 medium	1.7

