



NUTRITIONWISE MONTHLY

www.nicolemeadow.com

August 2009

FIBER, GLORIOUS FIBER!

Foods with fiber are beneficial for people of all ages for many reasons. One of which being that they are filling... This helps to discourage overeating - even though fiber itself adds no calories, go figure! Plus, when combined with adequate fluid intake, high-fiber fare helps move food through the digestive system and may protect against gut cancers and constipation. (It is important to know that if you eat a high fiber diet without adequate fluid intake or suddenly increase your fiber intake without an increase in fluid, you might have a problem with constipation! Fruits and veggies are naturally high in fluid and fiber, so make sure to get your daily dose for all of their many benefits!) Fiber may also lower LDL cholesterol (the "bad" cholesterol) in addition to help prevent heart disease and diabetes.

Dietary fiber is listed on food labels under total carbohydrates. There are two different types of fiber, soluble and insoluble. Soluble fiber partially dissolves in water and is the type that has been shown to help lower cholesterol. Insoluble fiber does not dissolve in water which is why it helps with constipation! It is important to have both types of fiber as part of a healthful diet. Fiber is found in plant foods like fruits, vegetables, and grains, and now can be found in other foods which is has been added to like yogurts, water and almost anything!

Some of the best natural sources are:

- whole-grain breads and cereals (including oats)
- apples
- oranges and other citrus
- berries
- prunes and other pitted fruits

- pears
- green peas
- legumes (dried beans, split peas, lentils, etc.)
- artichokes
- nuts (almonds)



A high-fiber food has 5 grams or more of fiber per serving and a good source of fiber is one that provides 2.5 to 4.9 grams per serving.

A simple way to determine how many grams of fiber a child older than 2 years should eat each day is to add 5 to the child's age in years (i.e., a 5-year-old should get about 10 grams of fiber). After the age of 15, teens and adult women should get about 20-25 grams of fiber per day. Adult men should get 30-38 grams of fiber a day.

Other factors, in addition to a high fiber diet, affect constipation. Being physically active and maintaining adequate hydration are extremely important to avoid constipation.

While a high fiber and adequate fluid intake fluid diet usually helps keep bowels regular, for individuals who have either high tone (spasticity)

or low tone, fiber and fluid help but may not prevent constipation. Alterations in tone influence how food moves through the GI tract and medications may be needed to keep bowels moving well. Constipation can greatly influence intake and comfort, so it is important to address this with your healthcare provider or dietitian so that your child can avoid becoming constipated.

Be sure to check out our blog at www.nicolemeadow.blogspot.com for more on fiber and fun ways to incorporate it into your family's diet!

UPCOMING CLASSES:

Food Allergy Support Group

August 21st: 7-8:15pm

Healthy Parenting Support Group:

Thursdays: 7-8pm

Check the NutritionWise calendar at www.nicolemeadow.com for additional classes and to register online

Classes take place at: 16055 Ventura Blvd
16055 Ventura Boulevard, Suite 420
Encino, CA 91436

NutritionWise is a group of Registered Dietitians, including Nicole Meadow MPN, RD and Patricia Novak MPH RD CLE who specialize in working with infants, children and young adults.

For more information visit www.nicolemeadow.com or call (818) 304-1876 to schedule an appointment.

KIDS IN THE KITCHEN: Oatmeal Cookies

Adapted from Laurel's Kitchen (1976!)

Ingredients:

1/4 cup butter

1/4 cup nut or soy butter

1 egg slightly beaten

1 1/2 teaspoon vanilla

3/4 cup brown sugar

1/2 teaspoon salt

1/2 cup whole wheat flour (GF: use scant 1/2 cup tapioca flour)

3/4 teaspoon baking powder

1 cup of a combination or one of the following: wheat germ, flax seed meal and/or almond meal

1 1/2 cup oats (GF: GF oats from Bob's Red Mill)

3/4 cup raisins

Directions:

Preheat the oven to 375. Cream the butter, brown sugar and nut butter. Add vanilla, egg and salt. Beat well. Combine the dry ingredients and mix with a fork. Blend the dry and wet ingredients well. Add a tablespoon or two of water if the batter is too dry to hold together. Drop by spoon onto a baking sheet, bake for 10 minutes. Makes about 3 dozen small, crunchy cookies. Enjoy.

*These cookies are high in fiber, protein and complex carbohydrates... not to mention DELICIOUS!

Kids can help measure, mix, stir, and pour! These are all great for fine motor development and are fun. Its a great time for having conversation with your kids...

This information contained in the newsletter is not intended as a substitute for medical advice. See your physician or registered dietitian to address individual concerns.