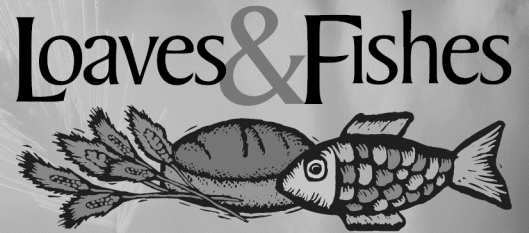


NUTRITION To Go



FOOD PANTRY

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Did you know? Now you can visit the pantry two times per month to pick up food.

¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

Focus on Fiber this new year!

Fiber is a substance - sometimes referred to as roughage or bulk - found in plants that plays an important role in health and digestion. There are two different kinds of fiber found in the diet: soluble and insoluble.

Soluble fiber helps to slow down digestion by drawing water into the gut and feeding good gut bacteria. Barley, nuts, seeds, beans, and peas are examples of food containing soluble fiber.

Insoluble fiber improves bowel movement regularity and prevents or alleviates constipation. Foods with insoluble fiber include whole grain products like steel-cut oatmeal, brown rice, or whole wheat bread. Most fruits and vegetables contain both kinds of fiber. For example, the flesh of an apple consists mostly of soluble fiber where the skin is made up mostly of insoluble fiber.

Fiber helps regulate blood sugar levels by slowing down digestion and preventing a rapid rise in blood sugar after a meal. It is also great for heart health due to its ability to lower levels of blood cholesterol.

On average, a person needs 14 grams of fiber per 1,000 calories consumed. Men need between 30-38 grams per day and women between 21-25 grams per day.

¡Concéntrate en Fibra este nuevo año!

La fibra es una sustancia, a veces denominada fibra o volumen, que se encuentra en las plantas y desempeña un papel importante en la salud y la digestión. Hay dos tipos diferentes de fibra que se encuentran en la dieta: soluble e insoluble.

La fibra soluble ayuda a retardar la digestión al llevar agua al intestino y alimentar a las bacterias intestinales buenas. La cebada, las nueces, las semillas, los frijoles y los guisantes son ejemplos de alimentos que contienen fibra soluble.

La fibra insoluble mejora la regularidad de las deposiciones y previene o alivia el estreñimiento. Los alimentos con fibra insoluble incluyen productos integrales como la avena cortada en acero, el arroz integral o el pan integral. La mayoría de las frutas y verduras contienen ambos tipos de fibra. Por ejemplo, la pulpa de una manzana se compone principalmente de fibra soluble, mientras que la piel se compone principalmente de fibra insoluble.

La fibra ayuda a regular los niveles de azúcar en la sangre al ralentizar la digestión y prevenir un aumento rápido del azúcar en la sangre después de una comida. También es excelente para la salud del corazón debido a su capacidad para reducir los niveles de colesterol en la sangre.

En promedio, una persona necesita 14 gramos de fibra por cada 1000 calorías consumidas. Los hombres necesitan entre 30 y 38 gramos al día y las mujeres entre 21 y 25 gramos al día.



How Much Fiber is in the Food you Love?

Type of Food	Serving Size	Grams of Fiber
Apple with skin	1 medium	3.7 grams
Prunes	10 prunes	6.0 grams
Broccoli - boiled	1/2 c	2.3 grams
Pinto Beans - boiled	1 c	14.7 grams
Cheerios	1 c	3.0 grams
Brown Rice	1 c	3.5 grams

For more information on your favorite foods, check out: <https://www.med.umich.edu/mott/pdf/mott-fiber-chart.pdf>

Black Bean Stuffed Peppers

Recipe adapted from Belle of the Kitchen <https://belleofthekitchen.com/black-bean-stuffed-peppers/>

Ingredients:

4 bell peppers
1 Tbsp olive oil
1/2 c diced onion
2 cloves garlic, minced
1 tsp cumin
1/2 tsp chili powder
1-15 oz can black beans, drained and rinsed
1/4 c cilantro, chopped
3/4 c salsa
1 c cooked brown rice
1 c shredded cheddar cheese
Salt and pepper

Directions:

1. Preheat oven to 350 degrees
2. Remove tops from peppers and scrape out membranes and seeds. Set aside.
3. Heat olive oil in a skillet over medium heat, add onions. Cook until soft about 5 minutes. Add garlic and cook for another minute.
4. Stir in black beans, cumin, chili powder, salt, and pepper, cook for 2 minutes. Add the cilantro and salsa, cooking for an additional 2 minutes. Remove from the heat and stir in the cooked rice.
5. Add the mixture into each of the peppers evenly and place into a baking dish. Bake for 20-30 minutes. Remove from the oven and top each pepper with the shredded cheese, bake for an additional 10 minutes. Remove when peppers are softened, and cheese is melted.

Scan here for a super easy lentil soup recipe!

Escanear aquí para una receta de sopa de lenteja super fácil.



How to add more fiber into your diet

Keep the skin on fruits and vegetables

Choose whole grains (bread, pasta, rice, tortillas, etc.) - the USDA recommends making half of your grains come from whole grain foods

Add more legumes into your diet i.e., beans, peas, or lentils

Eat whole fruits rather than drinking juice

Cómo agregar más fibra a tu dieta

Mantener la piel en frutas y verduras.

Elija granos integrales (pan, pasta, arroz, tortillas, etc.): el USDA recomienda que la mitad de sus granos provengan de alimentos integrales

Agregue más legumbres a su dieta, es decir, frijoles, guisantes o lentejas

Coma frutas enteras en lugar de beber jugo

Loaves & Fishes



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Food Safety Consideration

While fiber is healthy and recommended for people of all ages and stages, it is always important to be mindful of age-appropriate foods when feeding children. Dried fruits like raisins, dates, or prunes are a wonderful source of dietary fiber but are not safe for children under the age of two. Nuts like almonds, walnuts, or peanuts are an excellent source of protein, healthy fats, and fiber but are safest offered to young children in the form of nut spreads. Be sure to cut fruits and vegetables into small pieces and cook tougher varieties like carrots, broccoli, and cauliflower so everyone can safely enjoy fiber!

