

BE FIBER-RIFFIC!

How much do you know about fiber?

1. Which of the following has more fiber?
 - a) One large Apple with skin
 - b) 1 cup raw Broccoli
 - c) 1 cup oatmeal cooked
 - d) 1 cup cooked canned beans

True or False

2. ___ Soluble fiber like oat bran helps the body eliminate fatty substances and lowers blood cholesterol levels.
3. ___ Eating fiber rich food does not help prevent diseases of the intestine and colon.
4. ___ Consuming foods rich in fiber, such as whole grains, reduces the risk of coronary heart disease.

Fiber is a key ingredient in a healthy diet. Eating a diet rich in fiber can help to aid in weight loss, prevent or relieve constipation, lower blood cholesterol, and improve digestion. Fiber is easy to add to your diet because it is found in a variety of foods including fruits, vegetables, and whole grains.

Mixed Dried-Cereal Snack

2 tablespoons canola oil
2 ½ cups assorted unsweetened ready-to-eat whole-grain cereals
½ to 1 cup assorted nuts
¼ teaspoon onion powder
1/8 teaspoon garlic powder
1 ¼ teaspoon chili powder
1 teaspoon paprika

1. Add oil to bottom of large baking pan.
2. Pour in cereal and nuts. Stir well, so pieces are coated.
3. Sprinkle on seasonings; stir well again. Spread evenly in pan.
4. Bake uncovered at 250°F for 20 to 30 minutes or until cereal begins to brown.
5. Serve warm or cooled.
6. Store mixture in tightly closed container
7. Put into 1 ounce portion cups and serve with display. Makes 24 – ounce servings.

*Recipe from the **Cent#ible Nutrition Program Cookbook.***

Nutrition Facts	
Serving Size: 1/2 cup (32g)	
Servings: 6	
Amount Per Serving	
Calories 180	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 5g	
Vitamin A 10%	Vitamin C 6%
Calcium 6%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	

Wyoming SNAP is a coalition of the University of Wyoming, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health. For more information visit: www.fns.usda.gov/oane/SNAP/Wyoming.htm or call 307-766-5375.

