

Start Roughing It!

Fiber refers to the part of any food that your body cannot digest. Fiber is present in all plants, including fruits, vegetables, grains and legumes (beans and peas).

Why is fiber good for my body?

Fiber can help prevent heart disease by lowering your cholesterol. Fiber helps with digestion and can decrease your risk of obesity, heart disease and diabetes. Eating foods that contain fiber also help fill you up and keep you feeling full longer.

What foods have fiber in them?

Foods that contain fiber include oats, barley, beans, apples, peas, oranges, wheat bran, whole grain cereals, whole-wheat flour, and other fruits and vegetables. However, for the fiber to work correctly, it is important to drink plenty of water.

Check foods' nutrition facts for fiber content, and review the ingredient list to make sure whole grains are listed first.

Tips for increasing fiber intake:

- » Choose vegetables and whole fruit instead of fruit juices, and choose snacks like low-fat popcorn or whole-wheat crackers instead of chips.
- » Choose whole-grain rice, breads, cereals and pasta.
- » Add high-fiber ingredients to your dishes. Top whole-grain cereals with berries; add oats to meatloaf, breads and cookies.
- » Substitute beans for meat two to three times per week in chili and soups. Add fresh, frozen or canned vegetables to soups, stews and stir-fries.

Island Adventure Rice and Beans

What You'll Need

- 1 15.5-ounce can kidney beans, drained
- 1 15.5-ounce can black beans, drained
- 4 large garlic cloves, crushed
- 2/3 cup unsweetened coconut milk
- 1 cup water
- 3 cups brown rice, cooked
- 1 12-ounce can diced tomatoes, drained
- 5 scallions, chopped
- 1 1/2 teaspoons dried thyme
- cooking spray

Serves 8

Let's Cook!

- 1 Spray large pot with cooking spray and sauté garlic on low heat for 5 minutes.
- 2 Add all ingredients except scallions and thyme; cook for 20 minutes on medium heat.
- 3 Add scallions and thyme, mix and serve.

Nutrition Facts

Serving Size (285g)	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 9g	
Vitamin A 6%	Vitamin C 15%
Calcium 4%	Iron 20%

Main Dishes

