

Fiber Focus Month



Fiber has many health benefits, so focus on adding fiber to your diet during January. Make sure to follow these tips when adding more fiber to your diet:

1. Start slowly by adding one fiber-rich food daily for one week, then increase by one serving until recommended levels are reached.
2. Add high-fiber foods gradually, since too much fiber at once produces discomfort.
3. Eat a variety of fiber-rich foods such as whole grain bread, oatmeal, fruits, and vegetables.
4. Fiber can help lower the risk of some types of cancer and heart disease. Fiber-rich foods are usually lower in fat and help us feel more “full” after eating.
5. *Good Sources of Fiber:* whole wheat bread, oatmeal, bran flakes, brown rice, whole wheat pasta, legumes, fruits, and vegetables.

Get Enough Fiber in Your Diet

- Choose a diet of 25-35 grams of dietary fiber each day.

Try this oatmeal pancake recipe, it sounds yummy and to increase your fiber use whole wheat flour instead of white flour and top with fresh fruit!

<https://food.unl.edu/oatmeal-pancakes>

Should My Child Lift Weights?

In addition to playing outside and participating in sports, your kids may want to lift weights, join fitness classes or do some other form of strength training. But is this a good idea for children? Might it harm their growth and cause injury?

Strength training for kids 8 years and older is safe according to the American Academy of Pediatrics, or AAP. The AAP reports that strength training may help prevent some of the 3.5 million sports related injuries to children each year.

A good program starts with active games, includes 20 to 25 minutes of weight training and ends with games focused on motor skills. Resistance bands, dumbbells and child-size machines help kids start low and add resistance as they build strength. According to the AAP, a well-supervised program has a coach-to-student ratio of 1:10 or less.

Resource: www.eatright.org

