

Important fiber facts available for health and well being

Fiber facts for a healthier you Did you know?

- 35% of all cancer deaths may be related to diet.
- Diets high in fiber and low in fat may reduce the risk of certain types of cancer.

Most Americans eat only about half the amount of fiber suggested for good health and fitness.

Because of its relevance to general health and well-being, fiber is no longer simply a topic of conversation among dietitians, nutritionists and health care practitioners. Today, more than ever, experts agree that it is important for us to eat fiber every day. In fact, the National Cancer Institute tells us that a regular fiber intake of 20 to 30 grams daily may reduce the risk of developing some chronic diseases and health problems. The preferred way to include fiber in your diet is simply to eat the right foods, in the right quantities.

As you read further on there is a chart that may be helpful to you. You'll get the suggested 20 to 30 grams of fiber per day if you eat approximately six servings of breads and cereals and four servings of fruits and vegetables.

There are five components of dietary fiber: Celluloses, hemicelluloses, lignins, pectins and gums. They are found in vegetables, fruits, legumes, grains and nuts. It is important to eat a variety of foods from each of the above sources, since many foods don't contain all five types of fiber.

Important note: Rapid increases in dietary fiber intake may result in gastrointestinal discomfort in some individuals. Therefore, fiber intake

should be increased gradually to 20 to 30 grams daily. Excessive intakes of dietary fiber (50 grams or more daily) may upset your intestines.

Test your fiber IQ
Fiber is a source of interest to health-conscious people everywhere. Since you're reading this, you're probably one of them, so let's find out how much you already know about fiber: Test your "Fiber IQ" with these five true/false questions.

T F 1. Fiber is the same thing as roughage.

T F 2. Only older people need fiber in their diet.

T F 3. All of these breakfast foods are high in fiber: prunes, bacon and eggs.

T F 4. It's all right to eat the suggested daily intake of fiber at one meal.

T F 5. Any crisp or crunchy food is rich in fiber.

Increasing the fiber in your diet can be an important step toward better health and a longer life.

Among other things, fiber can help prevent constipation, lower cholesterol levels and may reduce the risk of colon cancer. Here are a few examples of how fiber works:

● Fiber is beneficial in preventing constipation because it helps move food through the digestive tract quickly.

● Fiber also increases the amount of stool. Thus, the concentration of potentially carcinogenic substances is appreciably diluted.

● Fiber may lower the cholesterol count by binding bile acids.

● Some research suggests that fiber may help with weight control because it fills you up—not out. The

feeling of fullness that comes with eating high-fiber foods may actually help you eat less.

As you've seen, fiber is found in everyday foods. The list below gives you some examples. You can add fiber and variety to your diet by including these foods in your daily menus.

BREAKFAST: Bran muffin; shredded wheat with sliced fruit; whole wheat toast; banana bread; compote of prunes with citrus fruits.

LUNCH: Vegetable salad sandwich on whole wheat bread; cabbage and carrot coleslaw made with low-calorie mayonnaise; three bean salad; vegetable taco and refried beans; fresh mixed fruit salad.

DINNER: Steamed vegetable platter; spinach salad; tossed combination vegetable salad; oriental-style stir-fry vegetable combination; bulgur wheat and herb salad (tabbouleh).

SNACKS: Pitted prunes; sliced raw vegetables with dip; whole grain crackers; apple, pear, peach or banana; whole grain English muffin.

In preparing meals, it will help you to know that cooking does not reduce the fiber content in most foods. However, the fiber value of fruits and vegetables is reduced when they are peeled.

How much fiber do you need? Where do you find it?

The following chart will help you incorporate high-fiber foods into your daily diet. A fiber tip: Gradually start substituting high-fiber foods for the low-fiber foods you now eat.

Rich Sources of Fiber: Amount 4 grams or more per serving
Dried prunes: 3
Blackberries: 1/2 cup
All Bran, Bran Buds, 100% Bran: 1/3 cup

Kidney, Lima, pinto beans (cooked): 1/2 cup
Moderately Rich Sources of Fiber: 1 to 3 grams of fiber per serving.

Apple, pear, banana, peach, dried fig: 1 medium
Dried apricots: 5 halves
Chopped carrots, celery, spinach, corn kernels: 1/2 cup

Potato, tomato: 1 medium
Popcorn, whole wheat spaghetti: 1 cup

Whole wheat bread: 1 slice
Oatmeal (cooked), Wheat Chex, 40% bran flakes: 3/4 cup

Source: Diet, Nutrition & Cancer Prevention: a guide to food choices, NIH Pub. No. 85-2711, November 1984.

Important: Increase your fluid intake as you consume more fiber, otherwise the fiber may be constipating.

Prunes. Moist, delicious, sun-ripened plums. They are a popular year-round treat, and an important ingredient in healthy diets. Rich in dietary fiber (six prunes have over nine grams of fiber), prunes are also a good source of vitamin A, iron and potassium—with no fat or cholesterol!

Here are the answers to the "Test Your Fiber IQ" Quiz. How did you do?

1. T. Fiber, roughage and bulk are terms you will sometimes hear used interchangeably. Scientists and medical practitioners prefer to use the term "dietary fiber."

Dietary fiber, as defined in Dorland's Illustrated Medical Dictionary, is "...that part of whole grains, vegetables, fruits, and nuts that resists digestion in the gastrointestinal tract."

2. F. People of all ages need fiber, and it's never too late to start making it part of your daily regimen. Consult your physician before drastically altering your eating habits.

3. F. Prunes, of course, are one of nature's richest sources of fiber. But, since fiber is found only in plant food sources, bacon and eggs contain no dietary fiber.

4. F. For maximum benefit, spread fiber consumption throughout the day, and include a wide variety of fiber-rich foods.

5. F. Just because a food is crisp or crunchy doesn't necessarily mean it's rich in fiber. Corn chips and saltine crackers are good examples. Both are crisp and crunchy, but neither is particularly high in fiber. Prunes, on the other hand, are moist and tender, and a rich source of fiber.



Information provided by:
Warm Springs OSU
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553-3238

4-H Calendar of Happenings

for the 1992 spring season, fair dates

April & May — 4-H clubs are meeting check at the OSU Extension office for the 4-H schedule.

May 6, 13, 20 — Tri-County Leadership Training

June 14-18 — Tri-County Camp dates

June 22-26 — Summer Week at OSU in Corvallis, Oregon

July 23-26 — Jefferson County Fair. Theme of fair is "Harvest & Heritage"

July 29 - Aug. 2 — Deschutes County Fair

August 9-14 — 4-H Wilderness Enrichment Camp at Trout Lake

August 12-16 — Crook County Fair

August 20-23 — Wasco County Fair

Is your child's playground safe?

Kids love playgrounds. And because it's in the nature of kids to run, jump, and climb, accidents will happen. But accidents due to improperly installed or poorly maintained equipment and play areas can be avoided if parents first inspect a playground for safety. Here are some things to look for, according to the Consumer Product Safety Commission and the Consumer Federation of America.

The most important safety feature of any playground is not the equipment itself, but what's underneath. Since approximately 75% of all playground injuries are caused by falls, protective surfacing should be under and around all equipment. Loose-fill materials such as hardwood chips, wood mulch, pea gravel, and sand are all acceptable, as well as certain synthetic surfaces. Life-threatening head injuries can result from a fall onto concrete from as low as 2 inches, so playgrounds should never be built on concrete or asphalt. Even grass, soil, and hard packed dirt fail to provide adequate protection.

Check all structures for sharp edges and corners, making sure the ends of screws and bolts are capped. Clothing caught in equipment can cause strangulation so look for anything which may act as a hook or catch point, especially at the top of slides. Open "S"-type hooks on swings are prime offenders so make sure they're completely pinched shut. Also inspect for rings or other spaces

between 5 and 10 inches in diameter where a child's head could be trapped.

All raised surfaces such as platforms, bridges, and ramps need to have guardrails or protective barriers to prevent falls. Any elevated equipment, including slides, should not be more than 7 feet high for school-age children, or 6 feet for preschoolers. There should be an open space free of other equipment and obstacles that extends for several feet in all directions around anything children can climb.

Swing seats should be made of soft materials, such as rubber or canvas, and be set apart from other equipment. To provide proper clearance, allow at least two feet between swings, and 30 inches between a swing and the support structure.

Finally, look for signs of deterioration or corrosion. Rust and chipped paint on metal components, loose splinters, large vertical cracks, and decay on wood, or splitting and cracking of plastic are all signs that the equipment has been poorly maintained. Also, look for deterioration where the components are anchored to the ground—any problems there may cause instability. Equipment with damaged or missing pieces is best avoided, and may indicate the condition of the playground as a whole.

If you find that the playground is unsafe, contact the owner or operator so the necessary repairs can be made. This may be the school district, the local Parks Department, a day care center, or some other group. Kids will be kids, and accidents do happen, but a safe play environment will minimize the chance of injury, and give parents a little peace of mind.

Oregon 4-H Outdoor Discovery Team

Is it for you? it is if.....

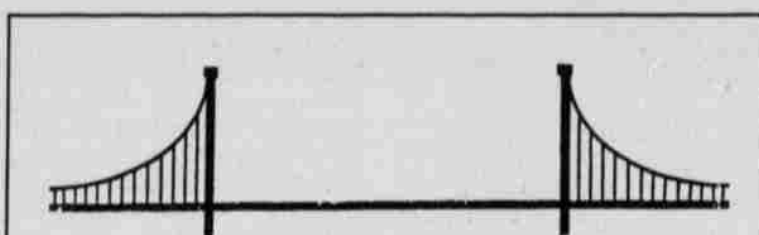
-you will complete the 7th or 8th grade in June 1992;

-you would like to learn more about Western Oregon ecology;

-you are in good physical condition;

-you would like to spend 3 days doing habitat improvement work at the Oregon 4-H Center.

For more information, call the Extension office 475-3808. Applications due May 15.



4-H Summer Week

Building Bridges of Friendship

June 22-26, 1992

Oregon State University, Corvallis, Oregon

Your \$155 participation fee includes:

Great classes, Pizza Party, Talent Show, Barbeque, Special Workshops, Evening Dance, Meals & Lodging, and Spirit Olympics

Check with your county Extension office for scholarship availability.

Insure safety when storing large quantities of food

Are you tempted to buy giant jars of peanut butter, five pound blocks of cheese, or a gallon of olives? Wholesale stores and specialty grocery "outlets" offer shoppers food at prices and in quantities usually reserved for restaurants or schools.

While the price of a super sized container of food may be low, it may not be a bargain. Too often the peanut butter gets rancid, cheese gets moldy, and the olives take up too much space in the refrigerator. The "bargain" foods get discarded before small families can use them.

Storing large quantities of food to insure safety and good quality is challenging. Oregon State University Extension home economists offer the following guidelines to help:

* Determine the amount of refrigerator and freezer space available. Can the food be repackaged and frozen? Peanut butter, cheese, breads, and meats can be packaged in small containers and frozen for later use, although quality may change. For example, cheese gets crumbly when frozen but is still very usable.

* Many foods will mold, wilt, sour, or dry out, if not used in a reasonable amount of time. Use up quickly the following: opened jars of fruit or spaghetti sauces; sour cream and other fresh dairy products; and fresh vegetables, fruits, and salad greens. Throw away food and you

throw away money.

* Do you have room to store large containers? Foods that require refrigeration after opening may be a hassle to store. That giant jar of mayonnaise may be tossed out to make room in the refrigerator for eggs, milk, or leftovers.

* Many shelf-stable foods lose quality if stored too long. Crackers, cereals, and pancake and biscuit mixes get stale over time. They may also provide a breeding ground for insects. Large quantities of rice, flour, and other staples require cool, dry storage in airtight containers.

* Is the food nutritious and worth buying in the first place? High fat muffins, cookies, and snack foods are tempting buys, since the price per pound is lower when purchased in large quantities. However, the best food bargain should offer good nu-

trition as well as a fair price. Once purchased, snacks and sweets are hard to resist and often replace healthier foods in a diet. Invest your food dollar in food that offer the most bang for the buck. Cases of single-serving fruit juices, cereals and dried fruits are better choices.

* Is the food a brand or quality your family prefers? Industrial-sized boxes of cereal your children dislike will sit on the shelf a long time.

* Traditional grocery stores offer foods in package sizes that are practical and convenient for the average family. The price per pound is only one measure of the cost of food. Convenience, taste, nutrition, family preference, and storage availability are all considerations. A one pound jar of peanut butter from the local supermarket may be the best bargain after all.

Do you fit the compulsive shopper profile

World class shoppers trudge on through rain and hail, sleet and snow. Recessions don't stop these people. Neither do credit limits or overdrawn checking accounts, reports Carol Arthur in the March 1992 issue of American Demographics.

Six percent of Americans fit the compulsive shopper profile, according to a study by the School of Journalism and Mass Communications at the University of Minnesota. They come from all income categories and about 60 percent are women.

University of Minnesota researchers identified three types of compulsive shoppers. Binge Buyers spend money as a response to an upsetting event. They may binge only a few times a year, but each binge involves spending a lot of money. Daily Shoppers must shop at least once a day, and they often shop all day. They might not spend much at any one time, but they spend constantly. Multiple Buyers are compelled to buy several of the same item, whether they need them or not.

Compulsive shoppers are addicted to buying things. Shopping relieves their anxieties and makes them feel good about themselves — until the bills arrive. These shoppers share an unusual ability to imagine that they have more money than they really do. They believe that extra money will come in — from somewhere — to pay their bills. Running up a huge debt load doesn't faze them.

Psychiatrist Edward M. Hallowell of Boston, coauthor of What Are You Worth?, says "overspenders feel

that they have paid for a purchase once they give the store their piece of plastic. They don't admit to themselves that they're spending way beyond their means, because they can still afford to pay the minimum amount each month."

Why do overspenders overspend? Usually it begins as an antidepressant, says Hallowell. The exhilaration of shopping overcomes the blues. But then the mounting bills create anxiety. To ward off anxiety, the victim spends more and more — until he or she feels totally out of control.

"Drowning in Debt," an article in Sylvia Porters Personal Finance magazine (June 1989) describes a 39-year-old man's plunge into unmanageable debt. "I wasn't lonely," he says. "I have lots of friends. But sometimes I'd get down in the dumps about my job — or I'd worry about my family. Spending was one of my outlets. It made me feel good."

Jay's annual income was \$35,000. He owed \$32,000, just in credit card debt, on 16 credit cards. "The credit

card companies made it easy for me, sending me cards in the mail without my even asking for them." He lived lavishly with expensive vacations, entertainment, clothes and helped pay his brothers college tuition and expenses.

For a good while, he made every payment. Then it caught up with him and he was getting cash advances on some cards to pay others. "I was driving myself crazy juggling payments. Finally, I realized I needed help."

On his first visit to an Ohio Consumer Credit Counseling Service, the counselor asked for all 16 credit cards and cut them in half. "It was a sobering experience," said Jay, "but it made me feel good at the same time. It lifted a great burden off my mind." The counseling service worked with Jays creditors so he could repay his debts over an extended time. A few, including J.C. Penny, waived all continuing interest charges. His advice, "Live on a budget and never buy anything unless you know you can pay for it."

Extension Mini-College
June 15-18
Oregon State
University, Corvallis
Four days of classes, workshops, tours and new friends.
Co-sponsored by OSU Extension Service and Oregon Extension Homemakers Council

Tropical fruit salad

1 cup pineapple-flavored low-fat yogurt

1/4 cup finely chopped green onions with tops

1/4 cup finely chopped red pepper

1 package (6 oz.) frozen tiny cooked shrimp, thawed and drained

6 hard cooked eggs, chopped

1 cup halved seedless red grapes

1 papaya, peeled, seeded and diced

Red leaf lettuce leaves, optional

In medium bowl, stir together yogurt green onions and red pepper until well blended. Stir in remaining ingredients until evenly coated with dressing. Cover and chill to blend flavors. Serve on lettuce leaves, if desired. Yield: 4-6 servings.

Lilacs need pick me up pruning

Lilac shrubs in the home landscape that aren't blooming as heavily as they once did may need some pruning to regenerate their vigor.

Blooming lilacs are creating more than beautiful flowers. They also are producing their new annual growth and next year's blossom buds.

The growth pattern means there is no time of year that a lilac can be pruned without removing some flower buds.

To get around this, prune the shrub so that only non-flowering wood is removed. Flower buds are produced from large buds on the ends of vigorous new growth.

Prune out the lateral and spindly growth that rarely produces blooms. Both types of growth are usually best removed in the winter, but can be cut out any time of year.

Annual pruning, though not essential, will keep the lilac bush in good health. Renovation of old bushes is usually

also best done in the winter, but can be safely done in the late spring after bloom. To renovate lilac shrubs, remove some of the old wood in the shrub near ground level.

Be careful to prune no more than a fifth of the shoots that have already bloomed. This severe pruning of some branches while leaving most intact gives the shrub a solid framework on which new growth can quickly become established keeping the shrub young.

Renovation pruning is needed only every few years. To promote a healthy crop of lilac blooms next year, clip the blossom heads off the plant after bloom this year.

Laughter is the shortest distance between two people.

Victor Borge