A healthy diet includes a lot of fiber. Most of us don’t get enough. Fiber comes from plants: fruits, vegetables, beans, lentils, nuts, seeds and whole grains. Fiber is not found in meat. Diets rich in fiber are recommended for everyone, including those who have or are at risk of heart disease, high cholesterol, or diabetes. Adults should eat at least 25 grams of fiber each day.

Fiber helps us stay fit. Diets rich in fiber can:
- Lower cholesterol and risk of heart attack.
- Lower blood pressure and risk of stroke.
- Maintain a healthy digestive tract and keep us regular.
- Stabilize blood sugar and reduce hunger and cravings.
- Keep us feeling full so we don’t overeat.

Fiber doesn’t have to taste bad. Choose foods that are naturally high in fiber.
- Fruits and vegetables

Choose foods with at least 2-3 grams of fiber per serving.
- Always drink plenty of fluids (at least 8 cups each day) to prevent constipation.
- Add fiber-rich foods to your diet slowly to prevent excess bloating and gas.
- Add 1 new fiber-rich food to your diet every 2-3 days and let your body adjust.

Choose whole fruit instead of juice. Whole fruit has fewer calories and lots of fiber, which keeps us feeling full for longer. Juice has a lot of calories and no fiber; juice adds calories without filling us up.

Eat your peels. Most of the fiber in fruits and vegetables comes from the peel. Leave the skin on apples, cucumbers, pears, plums, potatoes and other fruits and veggies with edible peels. Always rinse your fruits and vegetables in cool, running water before using. Use a gentle scrub brush to clean heartier vegetables like cucumbers, potatoes or radishes.

Fill up on fiber at the WSU Farmers Market.
- Apple, 1 medium = 4 grams
- Blueberries, 1 cup = 4 grams
- Beets, 3 small = 3 grams
- Broccoli, 1 cup = 5 grams
- Cherries, 1 cup = 3 grams
- Sweet corn, 1 ear = 3 grams
- Pear, 1 medium = 5 grams
- Green peas, 1 cup = 9 grams
- Chickpeas, 1 cup = 13 grams
- Kidney beans, 1 cup = 14 grams
- Lentils, 1 cup = 16 grams
- Whole-wheat bread, 1 slice = 2 grams


What is Whole Grain?

Grains are the edible seeds of grass plants, such as wheat, rice, corn, or barley. Grains have many layers which contain vitamins, minerals, protein and fiber.Unlike ‘refined’ grains (white flour, white rice), whole grains contain all the layers of the seed – the bran, germ, and endosperm. Whole grains and food made from whole grains, such as whole-wheat bread, are excellent sources of dietary fiber.

- Look for the word “whole” on the ingredients list: “whole wheat flour,” “whole commeal,” “whole-grain cereal.”
- Foods labeled with the words “multi-grain,” “stone-ground”, “100% wheat,” “cracked wheat,” “seven-grain” or “bran,” are usually NOT whole-grain products.

Whole grains include:
- Barley
- Brown Rice
- Buckwheat (buckwheat pancakes)

- Bulgur
- Corn and Hominy (popcorn, whole-grain corn tortillas)
- Quinoa
- Spelt
- Oats (oatmeal)
- Whole wheat or wheat berries (whole-wheat flour, whole-wheat bread, whole-wheat couscous, whole-wheat pasta, whole-grain pancakes, whole-grain waffles)

Make at least half your grains, whole grains: Substitute a whole-grain product for a refined product.
- Start your day with whole-wheat toast, oatmeal or cereal made from whole grains.
- Add whole grains, such as barley, bulgur or wheat berries to salads.
- Try brown rice or whole-wheat pasta with dinner. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole-grain bread- or cracker-crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole-grain cereal as breeding for baked chicken or fish cutlets, or eggplant parmesan.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews, and bulgur wheat in casseroles and stir-fries.
- Substitute whole-wheat or oat flour for up to half the flour in pancake, waffle, muffin or...

(Continued on page 2)
Have a “Corny” Summer!

Corn

- Buy corn with husk that is green all over and appears fresh, with no spots.
- To prepare corn, remove husk and silk, place in boiling water for 7 minutes, drain and cool.
- Try grilling corn. Sprinkle a mix of herbs and spices for flavor.
- Eat corn raw. Simply peel and rinse, then cut the kernels off the cob and mix in a salad or pasta.
- To store fresh corn, leave the husk on and refrigerate for up to three days.
- Corn comes in many colors and a cob may even have grains in different colors.

Tomatoes

- Store tomatoes in a cool, dry place. Do not store in a plastic bag or in the refrigerator.
- Some recipes may call for removing the seeds. To do so, cut tomato in half. Squeeze it gently, or loosen seeds with a spoon and scoop them out.
- Always rinse tomatoes and remove the stem prior to eating or cooking.
- Tomatoes can be eaten raw, baked, broiled, stewed, roasted or sautéed. Toss a few raw slices on salads or add to sandwiches.
- Tomatoes come in a variety of colors and tastes. They can be sweet, savory, tangy, zingy, and bright or dark in flavor. Look for heirloom tomatoes at your farmers market.
- Tomatoes contain Vitamin C, which is essential for a healthy immune system.

Raw Corn Salad

**Ingredients:**
- 4 ears corn
- 1 red onion, chopped
- 2 tomatoes, chopped
- 2 carrots, grated
- 2 tablespoons vegetable oil
- ¼ cup vinegar
- 1 cup fresh cilantro, chopped
- Salt and pepper, to taste

**Makes 6 servings.**

**Directions:**
1. Remove husks from corn and cut kernels off the cob.
2. Combine corn, onion, tomatoes, and carrots in a large bowl.
3. In a small bowl, combine oil, vinegar and cilantro and mix well.
4. Pour dressing on the salad and toss. Add salt and pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Fun Facts: Cilantro

- Cilantro is an annual herb with a sweet and pungent flavor.
- It grows all over the world and is used in many Asian and Mexican dishes.
- Cilantro is also called Coriander and Chinese parsley.
- Ancient Egyptians believed the herb could be used in the afterlife by the departed.
- To a small portion of the population, cilantro tastes like soap!

**Sources:** joyfruitveggies.org, USDA household food facts sheets

*(Continued from page 1)*

- Try 100% whole-grain snack crackers.
- Popcorn, a whole grain, is a healthy snack if made with little or no added salt and butter.

**Source:** www.choosemyplate.gov