



Kinship Link

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Pro Kinship for Kids

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Fiber Fills You Up, Fills Your Wallet, and Fuels Your Health

Fiber is often overlooked as being important in a healthy diet. Fiber is a type of nutrient that is not used for energy or stored as fat. However, fiber aids in digestion by providing bulk to stools, can help lower cholesterol, and slows down the absorption of sugar. High fiber diets are thought to prevent cardiovascular diseases, many types of cancers, and can be helpful in managing long-term health problems such as diabetes or hypertension. High fiber meals have fewer calories, are affordable, and can help your family feel full after a meal.

Fiber comes in two forms: soluble and insoluble. Most plant sources of food have a mix of both. The skin of an apple is made up of insoluble fiber, while the fleshy part inside is made up of soluble. Soluble fiber dissolves in water and forms a gel-like substance that binds to fats which helps lower blood cholesterol levels. Soluble fiber also slows the absorption of glucose which can help people with diabetes. Foods high in soluble fiber include oat bran, legumes, barley, and many fruits and vegetables. Insoluble fiber on the other

hand does not dissolve in water and provides bulk to stools and aids in digestion. Wheat and corn bran, and many whole grains are high in insoluble fiber. In general, whole fruits, legumes, and vegetables are good sources of both types of fiber.

Grain products can be good sources, but they are not created equal. Many cereals, flours, breads, pastas, and crackers are made from grains that have been refined so much that they are stripped of many nutrients and fiber. Without fiber, refined grains will raise blood sugar quickly, which over time can cause health problems like insulin resistance, diabetes, obesity, and chronic disease complications. Therefore, nutritionists recommend that half of the grains eaten should be whole. Whole grains include popcorn, converted rice, corn, buckwheat, farro, bulger, barley, oats, quinoa, millet, and rye. Breads, cereals, and pastas made from whole grains have two or more grams of fiber per serving.

Eating around 5 1/2 cups fruits and vegetables and a couple servings of whole

grains per day would meet the recommendation for fiber intake. Good sources of fiber include: 1/2 cup chopped vegetable, 1 medium whole fruit with skin, 1/2 cup whole grain pasta, converted rice, barley, or bulger, 1 slice 100% stone-ground whole-wheat or pumpernickel bread, 1/2 cup black, pinto, lentils, or lima beans; or chick peas, 3/4 cup high fiber cereal including oatmeal, oat bran, muesli.

Foods that are high in fiber are also usually lower in fat and sodium. Low-fiber foods are fine in moderation and can be healthy as well. Keep in mind that the majority of all restrictive diets fail in the long term mainly because people get tired of eating the same foods over and over. Therefore, don't eliminate refined grains from your diet, but try to make at least half your grains whole. Set small weekly goals like eating 1 more serving of fruit most days of the week to help you increase your fiber intake.



Fiber Fills You Up, Fills Your Wallet, and Fuels Your Health continued

Fiber Tips to Fill You Up and Stretch Your Food Dollar - Think Beans!

- Serve a meatless dinner once a week. Substitute beans for meat.
- Extend ground meat with beans.
- Make rice a main dish by adding beans.
- Cook pinto beans in the slow cooker, with onions, cumin, chili powder; freeze and use with Mexican dishes.
- Explore recipes on the internet for different bean varieties such as black, pinto, garbanzo, lima, chick peas.

Tips for Breakfast

- ◆ Eat oatmeal several times a week.
- ◆ For breakfast choose a high-fiber

breakfast cereal - 5 or more grams of fiber a serving.

- ◆ Opt for cereals with “whole grain”, “bran”, or “fiber” in the name. Or add a few tablespoons of unprocessed wheat bran to your favorite cereal.
- ◆ Add dried fruit to cereal.

Tips for Lunch and Dinner

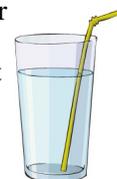
- ◇ Try brown rice instead of white.
- ◇ Substitute half of regular flour with whole-wheat flour.
- ◇ Eat 2 vegetable servings per meal.
- ◇ Be adventurous and try soup or salad recipes that use quinoa, buckwheat, or bulgur.

Tips for Snack and Kids

- * Add oatmeal to cookies.

- * Leave the skin on fruits and vegetables.
- * Encourage 3 fruits a day, and only a small glass of fruit juice.
- * Have kids design a fruit and vegetable kabob.
- * Snack on nuts, dried fruit, and popcorn.
- * Choose chips or crackers with at least 2 grams of fiber per serving.

Finally, drinking enough low calorie fluids and beverages, such as water or unsweetened tea, during meals can also help fiber do its job. Water helps with the digestive process, making stools soft and bulky, and like fiber is also filling.



What is a Peanut Allergy?

A peanut allergy is a reaction to the protein in peanuts. Most allergic reactions are brought on by peanut protein being absorbed into the body, usually through eating. Some reactions are triggered by peanut residue in the air. Peanut allergies usually develop in about 75% of the cases when people have peanuts for the very first time. Some people can develop an allergy later in life.

What can be done to prevent allergic reactions?

- Avoid eating foods with peanuts or peanut butter, or any food made in a facility that uses peanuts.
- Read food labels for peanut ingredients.
- Carry an EpiPen if you have a peanut allergy.
- If your child has a peanut allergy, talk to their school about ways to protect your child from coming into accidental contact with peanuts.

A common question is, if a peanut allergy is the same as a tree nut allergy? Many people who have a peanut allergy also have a tree nut allergy, but they are not the same thing. Peanuts are in the legume family and are grown in the ground. Tree nuts, like almonds, walnuts, and pecans grow on trees. Most tree nuts are processed with peanuts or in plants where peanuts are processed. This can cause cross contamination of food products. When reading labels “may contain tree nuts or peanuts” or “manufactured in a facility with tree nuts or peanuts” this is a sign to avoid this food. When in doubt, don’t eat a food you’re not sure about.

What are the symptoms of peanut allergy reaction?

A peanut reaction can vary and can happen immediately or be delayed several hours. Symptoms include:

- ◆ Hives
- ◆ Swelling
- ◆ Itching or tingling in the mouth or throat
- ◆ Stomach cramps

- ◆ Nausea
- ◆ Vomiting
- ◆ Shortness of breath
- ◆ Stuffy nose
- ◆ Anaphylaxis

What is Anaphylaxis?

Anaphylaxis is a severe, life-threatening reaction that causes:

- * Swelling of the air passages
- * Wheezing
- * Lowered blood pressure
- * Dizziness
- * Loss of consciousness
- * Possible death

An EpiPen (epinephrine auto-injector) contains a shot of adrenaline and prevents anaphylactic shock. People with a peanut allergy should carry an EpiPen with them at all times.



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