Keep Fit With Fiber

Eating a diet rich in fiber lowers your risk for colon cancer

Switching up your dietary fiber

Adults should have 25-35 grams of fiber daily, or about an ounce. Although increasing dietary fiber is easy, Americans typically get less than half the recommended daily amount.

Here we offer tasty alternatives to include more fiber in your diet.

1. Mash cooked lentils and substitute them for up to one-third of the ground beef in your recipe. You can mash as fine or as chunky as you like, depending on the recipe. (cooked lentils: 15.6g of fiber per cup)

2. Cook pearled barley according to directions. Substitute for half of the white rice in your recipe. Barley is a great addition to creamy risotto, supplying fiber, flavor and texture. (cooked pearled barley: 6g of fiber per cup)

3. Choose a mix of popcorn, almonds and wasabi peas over chips for snacking. Toss the mixture in a little olive oil, then add your favorite low- or no-sodium seasoning. (air popped popcorn: 3.6g per 3 cups, almonds: 3.5g per ounce, wasabi peas: 3.4g of fiber per ounce)

4. Use steel-cut oats, rather than rolled oats. Steel-cut oats have more than double the fiber and provide more complex carbohydrates. They take longer to cook, but a large batch can be refrigerated for a week. Add water or milk when reheating, and it’s as quick as instant. Add fresh raspberries for an added pop and even more fiber to begin your day. (steel-cut oats: 5g of fiber per ½ cup cooked, fresh raspberries: 4g of fiber per ½ cup)

5. Use crushed bran breakfast flakes instead of breadcrumbs in meatloaf and meatballs. Add ground carrots and celery for extra flavor, moisture and of course, more fiber. (bran breakfast cereal: 10.4g of fiber per ½ cup, cooked carrots: 3.4g per ½ cup, celery 3g of fiber per ½ cup)

6. Use bean dip or hummus as a sandwich spread instead of mayonnaise. Use “clean” spreads that aren’t hiding a lot of additives, sugars and salt. Better yet, make your own! You will increase your fiber, reduce your caloric intake, especially from fat, and turn your sandwich into more of a meal. (black beans: 5g per ¼ cup, hummus: 2g per 2 Tbsps)

For more information

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kucancercenter.org/gutcheck
Smoky Corn Salsa

Yield: 6 servings, ½ cup each

3 cups sweet corn, fresh or frozen
½ cup sun-dried tomatoes, diced
½ cup red pepper, diced
½ cup roasted red peppers, diced
2-3 Tbsps. freshly squeezed lime juice
1 tsp. adobo sauce from can of chipotle chiles (or more, to taste)
2 Tbsps. olive oil
½ cup red onion, small diced
1½ tsp. ground cumin
2 garlic cloves, minced
2-3 Tbsps. finely chopped cilantro
½ cup almonds, toasted and rough chopped

- Thaw and drain the sweet corn. Soak the sun-dried tomatoes in warm water until softened, then drain them. Place corn, red pepper, roasted red pepper, sun-dried tomatoes, lime juice, adobo sauce and cilantro in a large bowl.
- In a small skillet, heat olive oil on low heat and add red onion, stirring until slightly softened. Add ground cumin and minced garlic, stirring until fragrant, about 30 seconds.
- Remove from heat and add to corn mixture. Add in toasted almonds. Stir gently to combine all ingredients. Let rest for about 30 minutes before serving. Serve at room temperature.

Nutritional information
Per serving: 233.3 calories, 11.1g total fat, 7.6g protein, 27.6g carbohydrate, 5.2g dietary fiber, 6.6g sugar, 110.1mg sodium

Fiber-Filled Veggie Enchiladas with Salsa Verde

Yield: 4 servings

For the enchiladas
2 tsp. olive oil
½ onion, diced small
2 garlic cloves, minced
2 cans artichoke hearts, drained and roughly chopped
2 cups baby spinach
2 15-oz. cans garbanzo beans, drained
4 scallions, thinly sliced
8 oz. fresh, low-fat mozzarella cheese, diced
1½ tsp. cumin
8 corn tortillas
Cilantro for garnish

For the sauce
2 avocados
1 cup loosely packed cilantro, stems removed
½ cup onion, roughly chopped
2 cloves garlic
1 cup vegetable broth
Juice from 1 lime
2 tsp. red wine vinegar
1 tsp. cumin
⅛ tsp. salt
1 Tbsps. flaxseed oil

- Preheat oven to 350° F.
- In a pan over low heat, sweat the onion and garlic until fragrant, about 2 minutes. Add the artichokes and warm through, then add spinach until just wilted.
- Place one can of garbanzo beans in a medium-sized mixing bowl and smash them with a fork – they do not have to be smooth.
- Add the rest of the beans, the artichoke mixture, scallions and mozzarella to the bowl with the smashed beans. Season with cumin.
- In a blender or food processor, puree all ingredients until smooth. Add a touch more broth or water if necessary to blend.
- Divide the filling among 8 corn tortillas.
- Coat the bottom of a 9”x13” glass baking dish with a layer of the sauce. Roll up the tortillas, placing them seam-side down in the dish. Pour the remaining sauce over the top of enchiladas.
- Bake for 25 minutes. Garnish with cilantro before serving.

Nutritional information
Per serving: 720.3 calories, 34.8g total fat, 29.6g protein, 54.3g carbohydrate, 21.4g dietary fiber, 5.5g sugar, 30.6mg cholesterol, 614mg calcium

Fit some fiber into your life