

Why is a diet higher in soluble and insoluble fiber, lower in saturated fat and lower in sugar something you should aim for?

Fiber Full Recipes and Ideas has lots of easy to follow and tasty recipes to try that meet these dietary challenges.

- High fiber diets help you to feel full and can be a useful tool for weight control.
- High fiber diets can be achieved with a wide variety of foods-our we add fruit and veggies and use whole grain foods in all the recipes we have created or revamped.
- Our book has easy to follow serving size charts to help you visualize what is a serving size for your age and life stage.
- Nutrition intervention is an important tool for managing diabetes and weight control.
- Adequate nutrients are provided when you use whole foods when cooking, a goal for each of our recipes.

“Bake It Don’t Buy It!” *Fiber Full* puts you in control of what goes into those muffins, bars, cookies or savory sensations.

Parent Tips excerpts from Fiber Full Recipes and Ideas

Fruits and Veggies

- Wash and chop fruit and veggies into small pieces and store in separate containers for ready to go snacks and lunches for the next day.
- Serve a rainbow of veggies with low fat dips. Set them on the table after school as a snack before dinner is served.
- Bring along ‘baby carrots’, snap peas and other chopped veggies when on a road trip.
- Add pureed fruits and vegetables to baking.

Healthy Eating and Teachable Moments

- Teach your kids about nutrition—give them accurate information about what they are eating and how much food they need.
- Include kids in menu planning, shopping, preparing food and cooking. Don’t forget the cleanup!
- Be patient in supporting your child to learn to eat a healthy diet. Like all other life skills, this takes times.
- Allow children to explore new foods many times and then they eventually may try them.
- Being physically active helps promote healthy digestive tract functioning and appetite.

Increase Whole Grain Intake

- View whole grain flours as a staple.
- Add grains, seeds and nuts to salads snacks and breakfast choices.
- Bake whole grain muffin, cookies and cakes.