



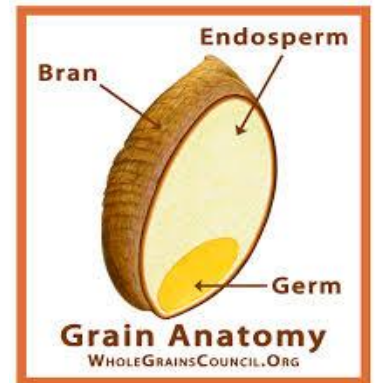
# SEPTEMBER NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

## September is **WHOLE GRAIN MONTH**

Why are whole grains important? Increasing whole grains in the diet can reduce your risk of heart disease, obesity, type 2 diabetes and some forms of cancer. Another benefit of whole grains is the improved consistency of bowel movements and promotion of healthy bacteria in the colon.

Whole grains contain the entire grain kernel—the bran, germ and endosperm. Examples include whole-wheat flour, bulgur, oatmeal, whole cornmeal and brown rice. These are important sources of nutrients including several sources of B vitamins (thiamin, riboflavin, niacin and folate), and minerals such as iron, magnesium, selenium, and fiber.



How much fiber do we need:

Women should have ~ 20-25 grams/ day of fiber –  
Men should have ~30-35 grams/day

Easy ways to increase fiber intake is to look for products that have at least 3 grams of fiber per serving: 1-1oz slice of bread, ½ english muffin, ½ of a mini bagel or 1/3 cup of pasta or rice.

3 grams fiber or more per serving is a good source of fiber  
5 grams or more is an excellent source of fiber

Try substituting a whole grain product for a refined one- use your Nutrition Facts Label that is found on every food product you purchase to help you choose more whole grains at the grocery store.

**Remember: Your Registered Dietitian is also available to help!**

For information on the Home Delivered Meal Program or Meal Cancellation Call Gateway Hudson Valley: 331-2496

For information on OFA's Community Cafés Call: 331-2180

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**Checks payable to Ulster County.**