Bean Bonanza Salad

3-4 cans of your favorite beans*
1/3 cup cider vinegar (can substitute white vinegar)
1/4 cup granulated sugar
3 tbsp Dijon mustard
2 tbsp canola oil
1/2 tsp each of salt and pepper
1/2 cup red onion, diced
2 celery stalks, diced

In a large casserole bowl, combine beans, red onion, and celery. In a jar with a tight-fitting lid, combine sugar, mustard, oil, salt and pepper; shake well. Pour dressing over bean mixture, stir gently and marinate in the fridge overnight.

Each serving (3/4 cup): 195 cal, 4g fat, 0g sat fat, 0g cholesterol, 7g fiber, 9g protein.

*note: you can substitute canned beans for either frozen or raw beans; soybeans add a nice flavour to this recipe.

Adapted from Taste of Homes: Light and Tasty magazine. April/May issue, page 33.

What is Fibre?

Fibre comprises a variety of components of plants which are indigestible in our digestive tract. We do not have the enzymes needed to break fibre down. But, just because it isn’t digested, doesn’t mean it can’t provide health benefits!

Fibre is classified as soluble and insoluble, each having specific health benefits.

Health Benefits

<table>
<thead>
<tr>
<th>Soluble fibre</th>
<th>Insoluble fibre</th>
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<tbody>
<tr>
<td>• Binds cholesterol in the gut, lowering blood cholesterol, which may decrease the risk of heart disease</td>
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<td>• Helps control the rate at which food leaves the stomach; this moderates blood sugar levels and may be beneficial for people with diabetes</td>
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<td>• Softens and expands stool volume, speeds up fecal transit and elimination, helping to prevent constipation</td>
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<tr>
<td>• Bacteria in the gut convert fibre into short chain fatty acids, which provide energy for the body and may help protect against cancer</td>
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Why Increase Your Fibre Intake?

On top of the health benefits mentioned, fiber-rich foods provide plenty of vitamins and minerals and can even help achieve and maintain a healthy weight by helping you feel full longer after meals. Health Canada recommends that we try to eat:

25-35 grams of fibre per day

Remember: A high-fibre diet requires at least 6 to 8 cups of water a day!

GOOD Fibre Sources

Eat a few more high-fibre foods each day. You can find fibre in a variety of foods every day:

**Insoluble fibre**

Wheat bran, whole grains, skins of many fruits and vegetables, and seeds

**Soluble fibre**

Oats, legumes, some seeds, brown rice, fruits, some green vegetables, and potatoes

<table>
<thead>
<tr>
<th>Specific Sources</th>
<th>Fibre (Grams)</th>
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<tbody>
<tr>
<td>Fresh Apple (with skin)</td>
<td>3.5</td>
</tr>
<tr>
<td>Lima beans (cooked, ½ cup)</td>
<td>4.7</td>
</tr>
<tr>
<td>Fresh Pear (with skin)</td>
<td>4.7</td>
</tr>
<tr>
<td>Split Pea Soup (1 cup)</td>
<td>5.4</td>
</tr>
<tr>
<td>Baked Beans (1/2 cup)</td>
<td>8.8</td>
</tr>
<tr>
<td>Trail Mix (1/2 cup)</td>
<td>5.0</td>
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</tbody>
</table>

Incorporating fibre into your daily diet is very beneficial and it’s not hard to see the amounts add up!

Check out www.heidismithnutrition.com for more information on FIBRE and other hot nutrition topics!

Compliments of the Dietitians at the Health and Performance Centre (519) 767 5011