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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Keep Your Wealth & Good Health!

Want to save money AND be good to your heart?
In the spirit of the New Year, here are tips to help you do just that!

High on Fiber ... Low on Cost

Did you know that adults are advised to eat 21 to 38 grams of dietary fiber each day? The average adult in the U.S. eats just 16 grams of fiber each day. Dietary fiber provides many benefits, including lower cholesterol levels and improved heart health. Here are three foods that would be easy to add to your and your family's diet to increase fiber intake. They're both tasty and inexpensive.

- **Oatmeal.** At just 13 cents per 1/2 cup, a bowl of old-fashioned rolled oats provides 4 grams of dietary fiber. Add fruit for even more heart-friendly nutrition!
- **Apples.** They're a perfect on-the-go snack, for 55 to 95 cents a serving. Naturally portable, one apple provides about 4 grams of dietary fiber.
- **Beans.** Black beans, kidney beans, pinto beans ... Take your pick! Not only are these nutritional powerhouses full of dietary fiber (about 6 grams in 1/2 cup), beans also are very economical sources of protein. Canned varieties cost about 28 cents per serving, and the ones that you home-cook from dry are even less expensive. Keep cooked beans on hand to make quick dinners and to pack into brownbag lunches. One to two cups of beans a week are recommended for adults.

Make Less-Meat Meals

Meats are usually the most expensive portion of a meal. Most adults eat more than the five to six and one-half ounces they need each day of cooked protein-rich foods. To stretch your food dollars, use smaller portions of red meats and poultry, and add plenty of vegetables, fruits and grains to the dish. For instance, think eggplant lasagna or a hearty stew with vegetables, rice, beans and meat or poultry. For more ideas, visit the website <https://whatscooking.fns.usda.gov/>.

Eat In & Cash In

Working-age adults in the U.S. buy a meal from a restaurant about four times per week on average, according to the USDA. The costs for those can add up fast! These habits are mostly at your health's expense, though, since foods eaten away from home typically are higher in calories, added sugars, sodium, cholesterol and unhealthy saturated and trans fats compared to meals eaten at home. What to do? Limit the number of times you eat out. Instead, enjoy a heart healthy meal at home featuring fruits, vegetables, whole grains, lean protein and low-fat dairy foods.

On a bitter sweet note, I am retiring from K-State Research and Extension, so this is my final contribution to the FCS Extension Connection. I wish you the best of health! For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930 and Wilson County, 620-378-2167. Our website is <http://www.wildcatdistrict.k-state.edu/> or follow us on Facebook: Wildcat Extension District.

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