

# HEALTH SERVICES PROTECTION PLAN

September 2018



Less than 5 percent of Americans consume enough fiber regularly, reports the U.S. Department of Agriculture. According to the Harvard School of Public Health, some adults have only half of the amount of daily fiber recommended by the Institute of Medicine's Food and Nutrition Board. A 2009 study published in the "Archives of Gerontology and Geriatrics" pointed out that a diet rich in fiber is just as important for the elderly as it is for younger adults. If you're over 70 years old and concerned about your fiber intake, talk to your doctor about ways to get more fiber into your daily meals.

## Importance

Eating plenty of fiber may lower an elderly person's risk of high blood pressure, stroke, cancer, obesity and heart disease. There are two types of fiber -- soluble and insoluble fiber -- and a diet rich in both can help the elderly avoid certain medical problems. A high intake of soluble fiber is linked to a decreased risk of diabetes and high blood cholesterol. Insoluble fiber can help the elderly avoid digestive disorders, including two of the most common digestive conditions suffered by older people: diverticulosis and constipation.

## Recommended Daily Intake

The Food and Nutrition Board says that you should have approximately 14 grams of fiber for every 1,000 calories you consume daily.

After age 70, a man who takes in between 1,800 and 2,200 calories daily should have approximately 30 grams of total dietary fiber per day. A woman of the same age, who consumes between 1,300 and 1,600 calories each day, needs about 21 grams of daily fiber. The daily amount required may vary based on level of physical activity and special medical conditions.

## High-Fiber Foods

To get enough fiber, elderly people need to include plenty of plant-based foods in their diets, including fruits, vegetables, whole grains, nuts, seeds, beans and legumes. The richest sources of fiber are foods that provide 4 grams or more in every serving. Some examples are beans such as kidney or black beans, green peas and wheat bran. The elderly should also aim to consume foods high in both types of fiber each day. Large amounts of soluble fiber can be found in oat bran, fruit like oranges or apricots and beans, while barley, wheat germ, turnips, beans and raspberries contain a high concentration of insoluble fiber.

## Fiber Supplements

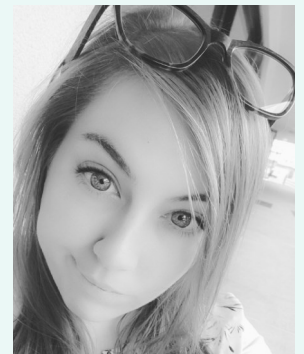
Some elderly people may have trouble getting enough fiber from diet alone. An article published in "Practical Gastroenterology" in 2003 recommended that these individuals may need to use a commercial fiber preparation that provides fiber from ingredients like psyllium, methyl cellulose or calcium polycarbophil in the form of a powder or tablet. Mayo Clinic gastroenterologist Dr. Michael F. Picco says that fiber supplements are safe, but that it's always better to obtain fiber from food instead of supplements whenever possible. Don't start using any type of fiber supplement until you've spoken to your doctor. If you do take a supplement, be sure to drink 8 ounces of water with each dose and to have at least six to eight glasses of water during the day to prevent constipation and other digestive problems.

## Consultant of the Month Bill Beaver



Bill is very passionate about providing individuals with the best possible hearing care. He really enjoys what he does and loves making a difference in the lives of his patients on a daily basis. Bill is originally from Ohio. In 2010 Bill moved to Oregon Coast to be closer to his grandkids. His favorite part of the job is when his patient's eyes light up when they hear the difference using hearing aids for the first time!

## PCC of the Month Natasha Johnson



Making a career move to work for Miracle-Ear had its appeal for Natasha, but she had no idea how rewarding it was going to be. "The first time you see and feel a patient's joy from being able to hear is life changing." It's difficult to choose what her favorite part of her day is, "I get to have lovely conversations with our patients, seeing the smiles on their faces after an appointment." It's the patients that make her day!

# The Best Healthy Turkey Chili

PREP TIME: 10 MINS

COOK TIME: 45 MINS

TOTAL TIME: 55 MINS

Recipe by, Monique Volz/  
Ambitious Kitchen

## Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained

For topping: cheese, avocado, tortilla chips, cilantro, sour cream



## Directions:

1. Place olive oil in a large pot and place over medium high heat. Add in onion, garlic and red bell pepper and sauté for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and sweet corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.

To make this recipe in the crockpot: Reduce the chicken broth to 1/2 cup. Brown the turkey and onions before adding to the slow cooker. Put everything in the crockpot and cook for 7 hours on low or 3 hours on high. This is an awesome tailgating or football party recipe!

Makes 6 servings, about 1 1/2 cups each.

<https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/> "Last Accessed 8/6/2018"

## *Riddle of Month*

How many seconds are there in a  
year?

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our October's Newsletter

Answer to August's Riddle: A Nervous Wreck

## *A Little Laughter*

A pirate walks into a bar with a steering wheel on his pants, a peg leg and a parrot on his shoulder. The bartender says, "Hey, you've got a steering wheel on your pants."

The pirate says, "Arrrr, I know. It's driving me nuts."