Dear CATCH Kid and Family:

During the next 3 weeks of lessons, the CATCH Kids Club (CKC) will focus on the importance of eating foods that are high in fiber. Fiber is found only in foods that come from plants (never animals). It helps the plant keep its shape. Fruits and vegetables, foods made from whole grains, and legumes (peanuts, dried beans, and peas) are all great sources of fiber.

Fiber is easy to see in foods like celery, but not as easy in foods like pears and whole grains. The more food looks like it did when it was a growing plant, the more fiber it has. (So an apple has more fiber than applesauce or apple juice, and brown rice has more fiber than white rice.) Why are high-fiber foods so important?

Take a look...

FOODS HIGH IN FIBER:
- Keep the digestive system healthy (That’s because the fiber helps keep food moving through the digestive tract.)
- May help reduce the risk of some types of cancer
- Lower the risk of colon disease
- Help keep digestive muscles well toned, which in turn helps lower the risk of blood vessel disorders
- Absorb water and give a feeling of fullness, which helps with weight control

F-I-B-E-R

- Eat lots of fruits and vegetables.
- At least once a week, try a low-fat meatless meal or main dish that features beans. Suggestions: tacos, nachos, or burritos made with pinto beans; black beans over rice; bean and vegetable soup
- Use mashed-up beans as a dip for vegetables or a filling for sandwiches.
- Try black-eyed peas or black beans as a vegetable side dish.
- Add beans to salads. Salad bars often include kidney beans, three-bean salad, or chick peas (also called garbanzos).
- Choose whole-grain varieties of bread, muffins, bagels, and rolls. (Look for words like whole wheat, bran, oatmeal, and multigrain.)
- For breakfast, choose a hot cereal made of a whole grain (like oatmeal) or a cold cereal that provides at least 2 grams of fiber per serving.
- For dinner, serve whole-wheat noodles, brown rice, or bulgur wheat (also called cracked wheat).
LET'S HEAR IT FOR THE LEGUMES

Baked or steamed, cooked or dried,
In a casserole or refried, served with grains or in a dip,
High-fiber beans—that’s my tip!

TASTY TOSTADAS

INGREDIENTS:
• 4 corn tortillas
• 1 cup pinto beans
• (cooked fresh or canned)
• ½ cup salsa or picante sauce
• 2 cups shredded lettuce
• ½ cup grated cheese
• (part-skim mozzarella or farmer)
• 1 cup chopped tomato

UTENSILS:
measuring cups, small saucepan,
spoon, spreading knife, chopping
knife, cheese grater, spatula, baking
sheet, potato masher or fork

DIRECTIONS:
1. Heat beans in a saucepan. (If using canned beans, drain them first.)
2. Add salsa to the beans, then mash the bean mixture with a potato masher or fork.
3. Place tortillas on a baking sheet.
4. Spread the beans mixture evenly on all four tortillas and top with cheese.
5. Heat the tortillas in a 350 degree oven for about 10 minutes or until cheese is lightly melted.
6. Remove the tortillas from the oven. Top with lettuce, tomato, and additional cheese and salsa.

4 servings