

# LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

Call the Journal at 285-7411

## How much fiber is enough?

**Q.** My wife insists on buying nothing but crunchy brown bread because she says it is good for us. I'm a bit skeptical about this and suspect we are victims of hype to sell this kind of bread. What do you think?

**A.** I'm presuming that your wife wants to get whole grain bread to put more fiber into your diet. Whole grains are cereal grains that include the bran, the germ, and the core of the kernel known as the endosperm. Bran is a tough, fibrous outer layer, which is a source of fiber.

Before the Industrial Revolution, we did not process grains. These grains gave us fiber (aka roughage), healthy fats, vitamins, minerals, plant enzymes, hormones, and hundreds of other beneficial plant compounds.

The invention of industrialized roller mills in the late 19th century changed what we got from grains. Milling strips away the bran and germ of the grain, making it easier to chew and digest.

Consumers have to be cautious about what they buy to get fiber. The U.S. Department of Agriculture warns that foods labeled with the words *multi-grain*, *stone-ground*, *100-percent wheat*, *cracked wheat*, *seven-*



Fred  
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HEALTH CARE WRITER

*grain*, or *bran* are usually not whole-grain products. Look for whole grain on the package.

Also, color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. You have to read the ingredient list to see if a product is from whole grains.

The USDA recommends reading the Nutrition Facts label on packages and choosing whole grain products with a higher percentage of fiber.

How much fiber is enough? The American Dietetic Association recommends a healthy diet include 25 to 35 grams of fiber a day. If you want a precise, personal estimate for fiber intake, you can use a fiber calculator provided by the University of Maryland Medical System. Go to: <http://www.healthcalculators.org/>

calculators/fiber.asp

There are many health benefits to eating whole grains:

■ **Bowel health.** By keeping the stool soft and bulky, the fiber in whole grains helps prevent constipation and diverticular disease, which is characterized by tiny pouches inside the colon that are easily irritated and inflamed. Softer stool also reduces pain from hemorrhoids.

■ **Longevity.** A report from the Iowa Women's Health Study linked whole-grain consumption with fewer deaths from non-cardiac, non-cancer causes.

■ **Cardiovascular disease.** Eating whole grains substantially lowers cholesterol, triglycerides, and insulin levels. Any of these changes would be expected to reduce the risk for cardiovascular disease.

■ **Diabetes.** In people with diabetes, fiber can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes fiber may also reduce the risk of developing type 2 diabetes.

■ **Cancer.** The data on cancer are mixed, with some studies showing a protective effect and others showing none.

■ **Weight control.** High-fiber foods generally require more chewing, which gives your body time

to register when you're no longer hungry, so you're less likely to overeat. Also, a high-fiber diet tends to make a meal feel larger and linger longer, so you stay full for a greater amount of time.

To get more fiber in your diet, you should include whole grain products, fruits, vegetables, beans, peas, nuts and seeds.

Fiber supplements such as Metamucil, Citrucel and FiberCon help, but getting your fiber from foods is better because supplements don't provide the variety of fibers, vitamins, minerals and other beneficial nutrients that foods do.

Warning: Fiber supplements can influence the processing of some drugs, such as aspirin, warfarin (Coumadin) and certain anti-seizure and antidepressant medications. Fiber supplements can also reduce blood sugar levels, which may require an adjustment in your medications or insulin if you have diabetes. Don't take fiber supplements before consulting your health care provider.

*If you would like to ask a question, write to [fred@healthygeezer.com](mailto:fred@healthygeezer.com).*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

### SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

#### MONDAY

Honey glazed meatballs  
Mashed potatoes  
Steamed cabbage  
Fresh fruit

#### TUESDAY

Egg bake

Square hashbrown  
Apple juice  
Cinnamon roll

#### WEDNESDAY

Welcome 2015 Party  
Roast pork  
Mashed potatoes  
Gravy  
Three-bean salad  
Snowball cake

#### THURSDAY

Hamburger on a bun  
Cheese  
Potato wedges  
Baked beans  
Fresh fruit

#### FRIDAY

Baked ham dinner or alternative  
Au Gratin potatoes  
Spinach  
Fruit

### MEMORIAM

In loving memory of our dear dad and grandpa, **Bill McBride**, who passed away eight years ago, Jan. 13, 2007.

*We cherish the love you so willing gave,  
Today we bow silently over your grave;  
We whisper a prayer and leave a bouquet,  
We haven't forgotten today is the day.  
We miss you so much, father dear,  
Life is so lonely since you're not here.  
How we loved you, bless your heart,  
Sad was the day you had to depart.*

**Sadly missed by  
Rick and Therese  
Dwayne and Lu  
Patty and J.R.  
Pam and Brad  
and families**

## Social Security identity theft and fraud

BY RHONDA WHITENACK  
AND JIM CZECHOWICZ  
SSA Public Affairs office

**Q:** A few years ago, I lost my Social Security card. Now my credit report shows that someone might be using my Social Security number. I'm afraid they might ruin my credit. What should I do?

**A:** Identity theft and fraud are serious problems, not just for you, but for the financial integrity of our agency. It also puts our national security at risk if someone dangerous is using your number to obtain other forms of identification.

It's against the law to use someone else's Social Security number, give false information when applying for a number, or alter, buy, or sell Social Security cards. Keep in mind, you

should never carry your Social Security card with you.

If you think someone is using your Social Security number fraudulently, you should report it to the Federal Trade Commission right away. Report it at [www.idtheft.gov](http://www.idtheft.gov) or call FTC's hotline at 1-877-IDTHEFT 1-877-438-4261 TTY: 1-866-653-4261.

**Q:** I know someone who believes it's not a big deal to cheat a little on their Supplemental Security Income application. What can I tell them to dissuade them from giving false information?

**A:** Social Security not only seeks criminal charges against and imprisonment of people who give false, incomplete, or inaccurate information, we also have the authority to impose civil monetary penalties against people who commit fraud.

### BIRTH

The following birth has been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:  
Melissa Potson and Kevin Yerxa, Couchiching, a daughter, Laila Francis Yerxa, 5 pounds, 10 ounces, Dec. 21, 2014.

**DO YOU OR SOMEONE IN YOUR FAMILY  
STRUGGLE WITH ADDICTION,  
CHRONIC PAIN OR ALCOHOLISM?**

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