



**HAWAI'I MEALS ON WHEELS**  
Client Information Bulletin  
March 2016



**CANCELLING MEALS**

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

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Your contributions enable us to continue serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our costs per meal average about \$11.80. This includes food costs and administrative costs, with an average about \$6.00 of this going to food preparation costs.

Our client contribution requests to you are \$5.00. This does not cover the average costs of meals.

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**HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:**

Good Friday – Friday, March 25, 2016  
Prince Kuhio Day – Friday, March 25, 2016

Memorial Day – Monday, May 30, 2016

If you **RECEIVE** meals on these days and **DO NOT** want them delivered, **PLEASE** notify our office as soon as possible.

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**Annual Volunteer Luncheon on May 14, 2016**



Tell your Family and Friends! **WE WILL BE ASKING FOR YOUR KOKUA AGAIN TO MAKE A DONATION TO SUPPORT YOUR VOLUNTEERS.** Please write "Volunteer Luncheon" on the memo line on the lower left side of your check if you decide to make a monetary donation for the luncheon.

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# FIBER FOODS AND HEALTH

BY: DASH HOLLAND, RD

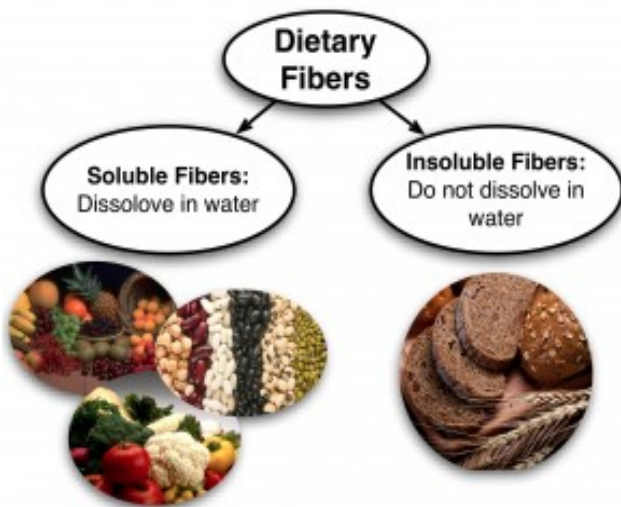
Dietary fiber provides many health benefits! Unfortunately most of us don't get enough fiber in our diet, but making small changes can help us reach these goals and provides many great benefits!

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## What are the benefits of a diet high in fiber?

- Decreases chances of developing heart disease, stroke, hypertension, diabetes, obesity and gastrointestinal diseases.
- Soluble fiber decreases LDL cholesterol and can improve insulin sensitivity in people with Type 2 Diabetes.
- Helps acid reflux (heart burn), duodenal ulcer, diverticulitis, constipation and hemorrhoids.
- Some insoluble fibers can improve the immune system.

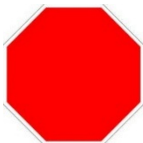
## What is the difference between soluble and insoluble fiber?



- Soluble fiber can reduce the risk of heart disease and stroke by 40-50% compared to a low fiber diet!
- Absorbs water and makes stools softer.
- Examples of food with soluble fiber:
  - Fruits, oats, barley, nuts, peas and beans
- Insoluble fiber increases the size of stools making them easier to pass regularly.
- Examples of food with insoluble fiber:
  - Whole grain wheat, rye, bran, brown rice

## How much do I need?

- Most people need 20 – 35 grams of fiber per day.
- Breakfast cereals are a good source of fiber and can provide up to 10g per serving (Ex. shredded wheat, raisin bran)
- To supplement, add 1 – 2 tablespoons wheat bran to foods. Each tablespoon adds approximately 1.5g fiber.
- Other supplements include psyllium, methylcellulose, wheat dextrin and calcium polycarbophil which are high in soluble fiber.



**SLOWLY** increase fiber in your diet and remember to drink 8-10 glass of **WATER** per day when eating a high fiber diet!

