

PantryPress



Pumpkin Mac n Cheese

Serves: 8

Ingredients

16 oz dry whole grain pasta
1 ½ cups pumpkin puree
1 1/3 cup non-fat milk
1 Tbsp butter
2 tsp garlic
1 cup shredded cheese
Salt & pepper to taste

Directions

1. Cook pasta according to directions on the box. Rinse in colander and set aside.
2. In a medium saucepan heat pumpkin puree, milk, butter, and garlic. Once it starts to boil, turn the heat to low. Add cheese and stir until melted.
3. Remove from heat and add pasta noodles to the sauce. Salt and pepper to taste. Serve warm and enjoy!

Nutrition Info

286 Calories
8g Fat
46g Carbohydrates
13g Protein
8g fiber
98 mg Sodium

Related Links:

https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983

https://www.aicr.org/resources/blog/add-more-fiber-to-your-diet-15-tips-from-dietitians/

https://pmc.ncbi.nlm.nih.gov/articles/PMC6124841/

Fiber-Maxxing:
Your Secret Weapon for Gut Health

Dietary fiber is a type of carbohydrate found in plants that our bodies cannot fully digest. It is important for keeping us healthy. Fiber can help control blood sugar spikes, lower cholesterol, and help you feel fuller for longer. This makes fiber a great nutrient for managing diabetes, heart health, and even weight loss. On the other hand, not getting enough fiber can lead to feelings of constipation or other digestive issues.

What Are the Different Types of Fiber?

Insoluble Fiber: passes through the digestive system and helps bulk up stool to help prevent constipation. High-fiber foods may have effects on heart health as well, such as lowering blood pressure and reducing inflammation.

Soluble Fiber: dissolves in water to form a gel-like substance. Soluble fiber can help keep the body from absorbing some of the cholesterol found in other foods. As a result, that may lower bad (LDL) cholesterol levels in the blood. Soluble fiber may also slow down the absorption of sugar to help improve blood sugar levels and prevent sharp spikes.

Good sources of fiber include: beans (canned or dry), chickpeas, whole grain (tortillas, pasta, cereal, or bread) brown rice, oats, fruit with skin (canned, fresh, or frozen), nuts, seeds, and vegetables (canned, fresh, or frozen).

Easy Ways to Incorporate Fiber into Your Diet

The National Institute of Health estimates that 95% of Americans do not consume the amount of fiber recommended for good health. With a few simple swaps, getting your daily fiber needs can become easier.

1. Swapping refined grains such as white breads and pastas for a whole grain option such as whole grain tortillas or brown rice, can almost double the grams of fiber per serving.
2. Fruits and vegetables are full of fiber. Pick whole produce over juices when possible and aim to eat multiple servings a day. You can slice fruit on top of cereal and yogurt or add your favorite veggies to soups and sheet pan meals.
3. Look for legumes at the food pantry. This includes black beans, lima beans, chickpeas, great northern beans, kidney beans, lentils, pinto beans and black-eyed peas. Not only do these foods provide your body with fiber, they also pack a punch of protein.
4. Canned and frozen produce are packed with fiber and sometimes at a lower price. Bags of beans, oats, lentils, brown rice, and skin on potatoes are also versatile options for any budget.

Ease Into It

Increasing your fiber intake too fast can upset your stomach. Make sure you are gradually increasing your fiber intake while also increasing your water intake to help move things along. It may be helpful to track how much water you drink each day and include hydrating foods like watermelon or cucumbers. Be sure to spread fiber throughout the day, at breakfast, lunch, and dinner.

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