



FUEL UP WITH FIBER

Including fiber in the diet may provide health benefits such as:

- **Managing Weight Gain**
- **Controlling Blood Sugar Levels**
- **Relieving Constipation**
- **Reducing the risk of Heart Disease, Diabetes, and Cholesterol**

Tips to include more FIBER in the diet:

1. Choose grains that lists whole wheat or whole grains as the first ingredient on the nutrition facts label.
2. Choose snacks that are high in fiber such as nuts, fruits, and vegetables.
3. Add beans and peas in salads or soups because they are great sources of fiber.
4. Incorporate plenty of water to help with digestion of fiber.



CHEESY ZUCCHINI AND CHICKEN QUESADILLA

Ingredients:

Sliced cooked chicken breasts
Whole wheat tortillas
Garlic, minced
1 bell pepper (orange or yellow),
diced
1 tomato, diced
1 zucchini, diced
¼ cup red onion, diced
Cheddar Cheese
1 lime
Pinch of salt, cumin, and garlic
powder
Olive oil

Directions:

1. Pre heat oven to 375 degrees. Combine cooked chicken, tomato, onions, zucchini, bell pepper, and minced garlic in a large bowl. Season with salt, cumin, and garlic powder. Add juice of lime and cheese and mix together.
2. Add a splash of olive oil in heated pan and add one tortilla. Add chicken mixture on one side and fold the tortilla over. Cook until brown.

Nutrition Facts for a half tortilla:

*Calories 330
Carbohydrates 25g
Fiber 18g
Protein 28g*