



Nutrition News

Nutrition and Education Programs

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FIBER IS YOUR GUT'S BEST FRIEND

As we age, our digestive system naturally slows down, making it more common to experience constipation and other digestive concerns. At the same time, many adults don't consume enough fiber to support their overall health.

So why should we eat more fiber?

- Promote regular bowel movements
- Support heart health by helping lower cholesterol
- Help maintain healthy blood sugar levels
- Feed beneficial gut bacteria to support digestive and immune health
- Increase fullness, which can help with healthy weight management

According to the USDA 2026 Dietary Guidelines, adults should aim for about 25 grams of fiber per day for women and 38 grams per day for men. Good sources of fiber include fruits, vegetables, whole grains, beans, lentils, nuts, and seeds. To help prevent digestive discomfort, increase fiber gradually and drink plenty of fluids throughout the day.



Pinto Bean and Chicken Skillet

A hearty, one-pan meal packed with fiber, protein, and vegetables.

Prep Time: 10 minutes

Cook Time: 10-15 minutes

Total Time: 20-25 minutes

Total Servings: 6 (1 ¼ cup serving)

Equipment Needed: Stove top or hot plate, large skillet or saucepan, can opener, colander, measuring cups and spoons, mixing spoon.

Ingredients:

- 1 -15 ounce can pinto beans, drained and rinsed
- 1 - 12.5 ounce can boned chicken, drained and broken into bite-sized pieces
- 1- 15 ounce can whole kernel corn, drained
- 1 - 15 ounce can sliced carrots, drained
- ½ cup 1% milk
- ½ cup shredded reduced-fat cheese
- ¼ teaspoon black pepper (optional)
- ½ teaspoon garlic powder or onion powder (optional)



Directions:

1. Drain and rinse pinto beans.
2. Drain chicken, corn, and carrots.
3. Add pinto beans, chicken, corn, and carrots to a large skillet or saucepan.
4. Pour milk over the mixture and stir until evenly combined.
5. Cook over medium heat for about 8-10 minutes, stirring occasionally, until mixture is heated throughout.
6. Sprinkle shredded cheese evenly over the top.
7. Cover skillet with lid and cook for 2-3 minutes, or until cheese has melted.
8. Spoon into bowls and serve warm.

Fiber Boost:

To add more fiber, use two cans of pinto beans instead of one or add a can of black beans as well. Adding one extra can of beans can add about 15-20 grams of fiber to the entire recipe.

Nutrition Tips:

- Beans and vegetables provide fiber that supports digestive health and helps you feel full longer.
- Draining and rinsing canned beans can reduce sodium by up to 40%.