

## October Nutrition Newsletter

### Why is Fiber Important?

Fiber is the part of plant foods that your body is unable to breakdown or digest. It's found in most fruits, whole grains, vegetables, and beans. You may be wondering if something our bodies can't absorb is even necessary to eat. However, fiber is actually a very important part of a healthy diet. Besides helping to reduce constipation, fiber has also been known to lower cholesterol, normalize blood sugar levels, and assist in maintaining a healthy weight. The recommended fiber intake for kids is 25-35 grams depending on the child's age and gender.

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

### Carambola (Starfruit)

Carambola is a fruit that grows well in tropical climates and when cut into slices, becomes a 5-point star shape. It is harvested in Florida June-March. Not only is this fruit fun to serve, it is also a healthy, satisfying, and low calorie snack. Vitamin C, copper, and fiber are just some of the beneficial nutrients this fruit has to offer.

### Starfruit Salad

#### Ingredients

1/2 cup vanilla yogurt  
1-1/2 teaspoons honey  
1/2 teaspoon lemon juice  
1 snack-size carton (4 ounces) mandarin oranges, drained  
1/2 small apple, chopped  
4 small strawberries, sliced  
1 small star fruit, sliced  
1 small plum, sliced  
2 tablespoons chopped pecans, toasted, optional

#### Directions

1. In a small bowl, combine the yogurt, honey and lemon juice.
2. Add fruit; toss gently to coat.
3. Cover and refrigerate until serving.
4. Sprinkle with pecans if desired.

<https://www.tasteofhome.com/recipes/star-fruit-salad/>