

# STAYING HEALTHY AS WE AGE

[www.chemungcountyny.gov](http://www.chemungcountyny.gov)

607-737-5520

## Fiber for Heart Health

When we think about protecting our heart, we often focus on exercise and eating well. One powerful nutrient that is often overlooked is **fiber**.

Fiber is a type of carbohydrate found in foods such as **whole grains, vegetables, fruits, beans, nuts, and seeds**. Unlike other carbohydrates, fiber is not fully digested. Instead, it moves through the digestive system, helping support regular bowel movements and overall gut health.

A diet rich in fiber has been shown to:

***Lower cholesterol***

***Help reduce blood pressure***

***Improve blood sugar control***

***Support a healthy weight***

***Lower the risk of heart disease and diabetes***



### How Fiber Helps Lower Cholesterol

There are two main types of cholesterol:

**LDL ("bad")** cholesterol, which can build up in arteries

**HDL ("good")** cholesterol, which helps remove cholesterol from the bloodstream

High LDL levels increase the risk of heart attack and stroke. Soluble fiber, in particular, helps lower LDL cholesterol by binding to cholesterol in the digestive tract and preventing it from being absorbed. The cholesterol is then removed from the body.



### Foods high in soluble fiber include:

Oats and oatmeal

Beans and lentils

Apples, pears, and citrus fruits



Lowering LDL cholesterol helps prevent plaque buildup in the arteries and supports healthy blood flow.



## How Fiber Supports Healthy Blood Pressure

Fiber also plays an important role in blood pressure control. Research shows that people who eat more fiber tend to have lower blood pressure.

When fiber is fermented in the gut, it produces substances that help relax blood vessels and improve circulation. Many fiber-rich foods also contain potassium and antioxidants, which further support heart health.

Fiber can also help with weight management, an important factor in maintaining healthy blood pressure.



## Check your blood pressure



## What About Fiber Supplements?

Fiber supplements can be helpful for people who struggle to get enough fiber from food. However, they should not replace whole foods.

Whole foods provide many types of fiber along with vitamins, minerals, antioxidants, and plant compounds that supplements do not offer. Most supplements contain only one type of fiber and lack the additional nutrients found in fruits, vegetables, and whole grains.

**Bottom line: Fiber is a simple, powerful tool for protecting your heart. Start with one small change, notice how you feel, and build from there.**

# Lemon Herb Baked Salmon

Easy • Flavorful

Supports heart health with lean protein and healthy fats

**Servings: 2**

## Ingredients

- 2 salmon fillets (4 oz each)
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest (optional)
- 1 clove garlic, minced (or ½ tsp garlic powder)
- 1 teaspoon dried dill or parsley
- Black pepper, to taste



## Directions

1. Preheat oven to 400°F.
2. Place salmon on a lightly greased baking dish.
3. In a small bowl, mix olive oil, lemon juice, garlic, and herbs.
4. Spoon mixture evenly over salmon.
5. Bake uncovered for 12–15 minutes, until salmon flakes easily with a fork.

## Nutrition

300 calories, 20 g fat,  
4g saturated fat, 16 g  
unsaturated fat,  
65mg Cholesterol  
120 mg sodium,  
2 g carbohydrates, 0g fiber,  
25 g protein  
450mg Potassium

**Rich in omega-3 fats to support heart and  
blood vessel health  
Low in saturated fat  
Naturally low sodium with herbs for flavor  
Simple preparation**



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**Chemung County Department of Aging and Long Term Care  
Eat Well Live Well Program**

**February 2026**

Mon	Tue	Wed	Thu	Fri
2 <b>Sausage, Pepper &amp; Onion</b>	3 <b>Mushroom Swiss Burger</b>	4 <b>French Toast</b>	5 <b>Chicken Nuggets</b>	6 <b>Potato Crested Tilapia</b>
9 <b>Meatloaf</b>	10 <b>Turkey Cheeseburger</b>	11 <b>Chicken Florentine</b>	12 <b>Fish Sandwich</b>	13 <b>Roasted Pork Chops w/ Sauerkraut</b>
16 <b>BBQ Baked Chicken</b>	17 <b>Ham w/Raisin Sauce</b>	18 <b>Mediterranean Beef</b>	19 <b>Fish Nuggets</b>	20 <b>Pulled Pork Sandwich</b>
23 <b>Salisbury Steak</b>	24 <b>Sausage, Egg and Cheese</b>	25 <b>Meatball Sandwich</b>	26 <b>Macaroni &amp; Cheese</b>	27 <b>Cheeseburger</b>
				

Menu Subject to change without notice

**Reservations required at least one day in advance.**

**Make a reservation with your site manager or call 607-737-5520 to sign up.**