



# “Food for Thought”

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## What’s the Stuff on Roughage?

We hear a great deal about fiber in health news these days, but is it really all that important for our well being? It appears so. Research shows that fiber consumption plays a role in such major diseases as cancer, diabetes and heart disease.

So what’s this “ruff stuff” anyway? It’s commonly called roughage, fiber, bran or cellulose—all terms for indigestible material.

With regard to heart disease, some fibers, such as pectin (found in apples) and hemicellulose (found in oatmeal), have the ability to absorb and eliminate cholesterol. This effectively reduces blood serum cholesterol. As we all know, high cholesterol levels spell trouble for people afflicted with heart disease.

The role of fiber with regard to cancer is related to its ability to decrease food-transit time through the gastrointestinal (GI) tract. Studies show that the normal American dietary level of six grams of fiber yields a transit time as slow as 28 hours. When dietary fiber levels are increased to the encouraged level of 15 grams, transit time can decrease to 14 hours. This reduces the time available for the body to absorb carcinogenic substances.

High fiber diets also stimulate good GI muscle tone and will decrease both fat- and sugar-absorption time. Decreased

sugar absorption is helpful for diabetics.

Does this mean we should put bran in everything we eat? No! A variety of fiber sources is the key because different fiber sources play different roles. Fiber can be found in all plant foods (fruits, vegetables, grains, dried beans and legumes) as well as products made from plant foods (breads and cereals). The fiber content is highest if the food is kept in its natural state: eat raw fruits and vegetables in place of juices and use whole-wheat breads in lieu of refined white.

The chart below clearly illustrates why an abundance of plant foods is necessary to maintain a diet of 15 grams a day.

*Because of our commitment to health and the fiber issue, Red Robin now features whole-wheat buns in the “Slimmer Pickin’s” menu section and as an option with any other burger on our menu—just ask! We also offer a plethora of fresh fruits and vegetables throughout our menu—even legumes in our chili.*

At Red Robin eating roughage isn’t tough, it’s fun and delicious. Come taste!

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Food	Amount	Fiber in Grams
All-Bran Cereal	½ cup	2.3
Broccoli, boiled	1 5½” stalk	1.5
White Bread, enriched	1 slice	trace
Whole Wheat Bread	1 slice	.4
Apple, raw	3” diameter	2.3
Celery, raw and diced	1 cup	.6
Strawberries	10 large	1.3
Black Raspberries	⅔ cup	5.1
Lentils	⅔ cup	1.2
Romaine Lettuce	3½ oz.	.7
Mushrooms	4 large	.8

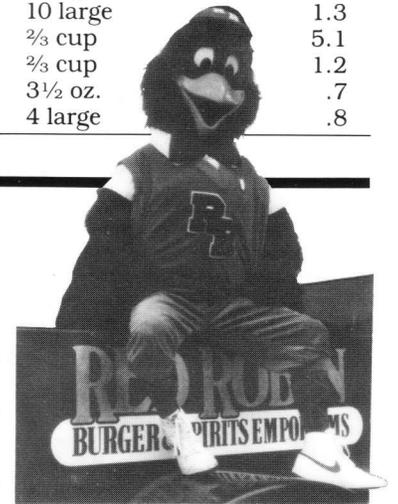
## Red Robin Presents

### Oat Bran Muffins

- |                                  |                       |
|----------------------------------|-----------------------|
| 2¼ cups Oat Bran Cereal          | ½ tsp. Cloves         |
| ¼ cup Brown Sugar, firmly packed | 1 tbsp. Baking Powder |
| ¼ cup Nuts, chopped              | ½ tsp. Salt           |
| ½ cup Raisins                    | ¾ cup Milk            |
| ¼ cup Rolled Oats                | 2 Eggs, beaten        |
| ½ tsp. Cinnamon                  | ¼ cup Honey           |
|                                  | 3 tbsp. Safflower Oil |

Heat oven to 425° F. Grease 12 muffin cups (or use non-stick baking spray). Combine all the dry ingredients in a large bowl. In a separate bowl, beat eggs into milk and oil. Combine wet ingredients with dry ingredients and stir only until moistened—do not over-stir! Fill muffin cups three-quarters full. Bake at 425° for 15 to 17 minutes or until toothpick comes out clean. Makes 12 muffins.

## Torchlight Parade 1985



It was August 2. Whistles blared! Floats and marchers moved in procession. The bands! The fun!

It was the most prestigious parade in the Northwest: the third annual **Red Robin Seafair Torchlight Parade**.

The 120 entries included the Red Robin antique fire truck. The Bird made an appearance as a flock of five. Under the baton of Renton High’s band director, **Mike Simpson**, musicians from Hazen, Lindbergh and Renton high schools played “Rockin’ Robin” and “When the Red, Red Robin Comes Bob-Bob-Bobbin’ Along.”