



HIGH FIBER DIET



Purpose:

A high fiber diet promotes regular bowel function and aids in the treatment and prevention of constipation / diarrhea, hemorrhoids, irritable bowel syndrome, and diverticular disease. Fiber can also help lower blood cholesterol levels, help control blood sugar levels, and may help to reduce the risk of certain cancers.

What is dietary fiber?

Fiber includes all parts of plant foods (such as fruits, vegetables, and grains) that the body can't digest or absorb. There are two types of fiber: soluble and insoluble.

Soluble fiber – fiber that can dissolve in water. Examples of this type of fiber include: oats, beans, legumes, apples, barley, citrus fruits, and carrots.

Insoluble fiber – fiber that cannot dissolve in water. Examples of this type of fiber include whole grain products, nuts, vegetables, and fruits. It can help prevent constipation.

How much fiber should I be taking?

Several health organizations recommend taking **25 to 35 grams of dietary fiber per day**.

** It is also important to increase your fluid intake when you are on a high fiber diet. You should be drinking at least **6 to 8 glasses of fluid daily**. *This does not include caffeinated or alcoholic beverages.*

Fitting in fiber...

- A high fiber diet is a regular diet with an emphasis on foods high in fiber.
- Add high fiber foods gradually. Too much at once may produce gas, bloating, abdominal discomfort, and diarrhea.
- You should increase your fluid intake as you increase fiber consumption to prevent constipation.
- Excessive fiber intake may interfere with nutrient absorption; therefore individuals on a high fiber diet should consume adequate amounts of nutrients.
- Fermented dairy products, such as yogurt, buttermilk, and acidophilus milk, increase fermentation and may result in improved elimination.

Fiber Supplementation

- Fiber is available as a supplement in several forms including tablets, capsules, wafers, and powders.
- There are several brands of fiber supplementation. The most common ones include Metamucil®, Citrucel®, Benefiber®, and Konsyl®. There are also several generic brands of fiber available.

- Fiber supplements can be purchased over-the-counter at any drugstore or grocery store.
- Diabetics should use a sugar-free fiber supplement.
- There are also several breakfast cereals that have high fiber content.

	Serving	Grams of Fiber
BREAKFAST		
<i>Kellogg's Raisin Bran</i>	1 cup	8.2
<i>Skim milk</i>	1 cup	0
<i>Medium-sized banana</i>	1	2.7
SNACK		
<i>Medium-sized apple</i>	1	3.7
LUNCH		
<i>Whole wheat bread</i>	2 slices	3.8
<i>Lean turkey breast</i>	3 ounces	0
<i>Low-fat cheese</i>	1 slice	0
<i>Tomato & lettuce leaf</i>	2 slices and 1 leaf	0
<i>Vegetarian baked beans</i>	½ cup	6.3
<i>Skim milk</i>	1 cup	0
DINNER		
<i>Baked chicken breast</i>	3 ounces	0
<i>Herbed brown rice</i>	½ cup	1.8
<i>Steamed broccoli spears</i>	½ cup	2.8
<i>Spinach salad</i>	1 cup	1.6
<i>Low fat dressing</i>	2 tbsp	0
	TOTAL	31 grams

FOODS	EMPHASIZE	AVOID
Beverages: 0 grams of fiber / serving 6 to 8 glasses / day	Water and milk. Tea or coffee Carbonated beverages	None.
Breads, Crackers, & Grains: 2 grams of fiber / serving 6 to 11 servings / day	Bread: rye, pumpernickel, whole wheat. Crackers: graham, rye, whole wheat. Pasta: whole wheat. Barley, bulgar, brown rice, wild rice, millet, and popcorn.	Breads, crackers, and pastas made from refined flours. White rice.

<p>Fruits: 2 grams of fiber / serving 3 to 5 servings / day</p>	<p>All!!! Good choices include: apples, bananas, pears, oranges, prunes, raisins, and strawberries. Fruits rather than fruit juice.</p>	<p>Fruits with edible skins removed, such as canned peaches or a peeled apple.</p>
<p>Vegetables: 2 grams of fiber / serving 3 to 5 servings / day</p>	<p>All!!! Good choices include: broccoli, brussel sprouts, carrots, corn, peas, potatoes with skin, and spinach.</p>	<p>Vegetables with edible skins removed, such as baked potatoes without skins.</p>
<p>Dry Beans & Peas: 4 to 8 grams of fiber / serving 3 servings / week</p>	<p>Good choices of beans include: baked, kidney, navy, pinto, lima, and garbanzo. Good choices of peas include: lentils, split, yellow, and black-eyed.</p>	<p>None.</p>
<p>High Fiber Cereals: 4 to 8 grams of fiber / serving 1 serving / day (1 ounce or 1/3 to 3/4 cup)</p>	<p>Cereals made from whole grains, wheat, corn, oat or rice bran, and wheat germ. Good choices include: All-Bran®, Bran Buds®, Corn Bran®, Fiber One®, Complete®, Bran Flakes, 100% Bran®, MultiBran Chex®, and Raisin Bran.</p>	<p>Cereals made from refined grains.</p>
<p>Nuts & Seeds: 3 grams of fiber / serving No specified recommendation.</p>	<p>All varieties including: sunflower, pumpkin, and sesame.</p>	<p>None.</p>
<p>Meat, Poultry, Fish, & Eggs: 0 grams of fiber / serving 2 to 3 servings / day</p>	<p>Do not contain significant amounts of fiber.</p>	<p>None.</p>
<p>Milk, Yogurt, and Cheese: 0 grams of fiber / serving 2 to 3 servings / day</p>	<p>Do not contain significant amounts of fiber.</p>	<p>None.</p>
<p>Fats & Oils: 0 grams of fiber / serving</p>	<p>Do not contain significant amounts of fiber.</p>	<p>None.</p>
<p>Desserts & Sweets: Grams of fiber dependent on the dessert.</p>	<p>Desserts containing fruits, nuts, and whole grains. Jams, preserves, and marmalades.</p>	<p>Desserts made from refined grains and without nuts or fruits. Smooth jellies.</p>

REFERENCES

- 1.) American Dietetic Association: Handbook of Clinical Dietetics, 2nd Edition, New Haven, CT: Yale University Press, 1992.
- 2.) American Dietetic Association: Manual of Clinical Dietetics, 4th Edition, Chicago, IL: American Dietetic Association, 1992.
- 3.) Aspen Reference Group: Dietician's Patient Education Manual, Gaithersburg, MD: Aspen Publishers, Inc., 1993.
- 4.) Klurfield, D. The Role of Dietary Fiber in Gastrointestinal Disease. J Am Diet Assoc. 87:1172-87.
- 5.) Mahan, L.K. and Arlin, M. Krause's Food, Nutrition, and Diet Therapy. 8th Edition, Philadelphia, PA: W.B. Saunders Co., 1992.
- 6.) Pennington, J. Bowes and Church's Food Values of Portions Commonly Used. 16th Edition, Philadelphia, PA: J.B. Lippincott Co., 1994.

Fiber Supplementation Instructions

You have been prescribed fiber supplementation for purposes of bulking or thickening your bowel movements. This is not for laxative purposes.

Any fiber supplement may be used, but we prefer the powder form of Metamucil or Konsyl as they appear to work better.

Take 1 tablespoon of fiber supplement in 8 ounces of water or juice daily for 1 week.

Then, take 2 tablespoons of fiber supplement in 8 ounces of water or juice once or twice daily as needed to regulate your bowel function.

You may have some cramping and / or abdominal bloating for a week or two after starting the fiber; however, these symptoms should improve with time.

You should try to drink 6 to 8 (8 oz.) glasses of water or juice daily along with the fiber in order for it to work appropriately. Caffeinated and alcoholic beverages DO NOT count.