

**Dr. Bradley H. Bennett**

**High Fiber Diet**

Dietary fiber is the material from fruits, vegetables and whole grains that remains in the intestinal tract after digestion and absorption of food into the bloodstream has occurred. Fiber functions in the colon by absorbing water, leading to a larger, bulkier and softer stool which passes through the colon much more easily. A softer stool is also more easily eliminated from the body with less straining. High fiber diets have been recommended for the prevention or treatment of constipation, hemorrhoids and diverticular disease just to name a few.

A high fiber diet is nothing more than a normal, well-balanced diet with an emphasis placed on eating more fresh fruits and vegetables, whole grain breads and cereals and unprocessed bran. Fiber from a variety of sources is especially useful when it is eaten as part of regular meals.

Not only is it important to increase fiber intake, but it is also necessary to increase intake of liquids.

**Minimum of 6 glasses (8 ounces) of water, juice, etc. each day.**

For some individuals, a high fiber diet may initially increase intestinal gas production which leads to a bloated feeling. This is less likely to occur if the fiber intake is gradually increased over 3 to 4 weeks.

Suggested fiber intake: 20-25 grams per day      **Your suggested total grams per day** \_\_\_\_\_

**SOLUBLE FIBER**

**Grams per day** \_\_\_\_\_

**Fruit group** – 2 grams of fiber per serving, these suggestions are 1 serving and are **UNCOOKED** unless stated otherwise.

Nectarine	1 medium	Pears, canned	½ cup
Peach	1 medium	Pear	½ medium
Prunes	2 medium	Tangerine	1 large
Watermelon	1 ½ cups	Fig, dried	1 small
Cranberries	¼ cup	Raspberries	¼ cup
Blackberries	¼ cup	Banana	¾ medium
Apricots	3 medium	Cherries	20 large
Cantaloupe	1 ¼ cups	Raisins	2 TBLSP
Honeydew	1 ½ cups	Apple	½ large
Plums	3 small		

**Cereal Group**

Oats      Oatmeal

**INSOLUBLE FIBER**

**Grams per day** \_\_\_\_\_

**Vegetable group** – 2 grams of fiber per serving, these suggestions are 1 serving and uncooked unless stated otherwise.

Bean sprouts	2/3 cup	Zucchini	½ cup
Green beans	½ cups	Beets, cooked	½ cup
Cabbage, cooked	½ cup	Spinach, cooked	1/6 cup
Carrots, cooked	½ cup	Tomatoes, cooked	¼ cup
Cauliflower	1 cup	Tomatoes	1 medium
Eggplant	½ cup	Peas	1/6 cup
Green pepper	1 cup	Corn, cooked	¼ cup
Summer squash	½ cup	Potato, cooked	½ cup
Winter squash	1/3 cup	Brussel spouts, cooked	½ cup
Broccoli, cooked	1/3 cup	Rice, brown, cooked	½ cup
Cucumber	1 cup	Cauliflower, cooked	2/3 cup
Mustard greens	1 cup		

## INSOLUBLE FIBER - Continued

**Bean Group** – 8.5gsm of fiber per serving, these suggestions are one serving, cooked.

Kidney, brown	½ cup	Pinto	1 cup
Lentils	1 cup	Navy	1 cup
Lima	1 cup		

**Bread Group** – 2 grams of fiber per serving, 2 or more servings per day.

Whole grain	1 slice	Whole wheat cracker	6
Rye wafer cracker	3	Popcorn	2 cups

**Cereal Group** – 8 grams of fiber per serving. 1 serving per day if desired.

All Bran	Shredded Wheat
Bran Chex	Wheat Bran *

Corn Bran

Refer to nutritional listing on package.

**Miscellaneous** – 1 gram of fiber per serving, if desired.

Peanuts	10	Pickles	1 large
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**Common Fiber Supplements** available at the drug or food stores.

**These products must be taken with water or fruit juice.**

Psyllium seed	FiberCon
Metamucil	Benefiber
Konsyl	Fiber Wafers
Citrucel	

\* Adding unprocessed wheat bran gradually to the diet starting with 1Tsp. twice a day and increasing the amount over the first week to 3 Tsp. per day. Mix this with orange or tomato juice to improve the taste. It can also be mixed with cereal, mashed potatoes, ice cream, and yogurt or sprinkled on top of a salad.