



# HIGH FIBER DIET



Fiber plays an important role in maintaining the integrity of the intestine by keeping the intestinal wall muscles in tone. Fiber is the part of the plant that is not broken down or digested in our bodies.

## **BENEFITS OF A HIGH FIBER DIET:**

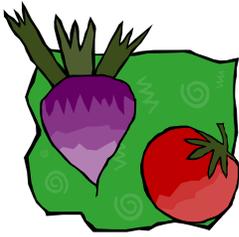
- Relieves symptoms of constipation (important to drink adequate amounts of water)
- Alleviates symptoms of diverticular disease. Increase fiber in the diet gradually. There is no real evidence that nuts and seeds should be avoided with diverticular disease. When the gut is inflamed (**diverticulitis**), it is very important to follow a low fiber diet until the inflammation settles down.
- Reduces risk for heart disease by lowering blood cholesterol levels (especially fiber in beans, fruits and vegetables).
- Provides a feeling of fullness to prevent overeating and help with weight control.

Initiation of a high fiber diet may produce increased flatulence and bloating but if the fiber is increased gradually, these symptoms eventually disappear.

If you have any intestinal problems, please check with your physician before attempting a high fiber diet.

A high fiber diet should contain fresh fruits, vegetables, high fiber cereals, whole grains, nuts and seeds. Include 6 to 8 glasses of water daily. Fiber supplements such as Metamucil<sup>®</sup> or Citrucel<sup>®</sup> may be recommended if you cannot get enough fiber from your diet.





## FOODS RECOMMENDED

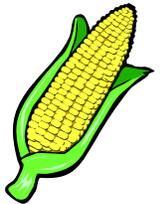


### Fruits: 3 to 5 servings/day (each serving is ½ cup)

- Raw or cooked fruits with soft skins as cooked or canned apples, apricots, peaches, pears or plums.
- Dried fruits either raw or cooked – prunes, raisins, figs, dates, and apricots.
- Other fruits such as oranges, grapefruit, pineapple, bananas, etc.

### Vegetables: 4 servings/day (each serving is 1 cup raw, ½ cup cooked)

- Raw or uncooked salad greens, celery, cabbage, zucchini, onions, carrots and radishes.
- Cooked vegetables that are crisp-tender but not mushy are also good.
- Dried peas, beans, baked beans (legumes).



### Breads & Cereals: 4 to 6 servings/day (each serving is ½ cup or 1 oz bread)

- Whole grain, whole wheat, cracked wheat (avoid seeds).
- High fiber cooked cereals such as, oatmeal (not instant), Zoom, Roman Meal, Ralston and oat bran.
- High fiber dry cereals such as, All Bran, Bran Buds, 100% Bran, Most, Shredded Wheat, 40% Bran and unprocessed bran.

### Nuts:

- Almonds, pecans, peanuts, walnuts, cashews and popcorn.
- Candies with nuts.
- Cereals with nuts.
- Cakes, cookies, pastries with nuts and seeds.
- Breads with nuts and seeds.



### Negligible Fiber Foods:

- Meat, poultry, and fish.
- Milk, cheese, and eggs.
- Fruit juices, soda, and fruit-flavored drinks.
- Vegetable juices.
- Doughnuts, cakes, and cookies.
- White bread, bagels, French bread, pretzels, chips, and rolls.

