

HIGH FIBER DIET

Purpose

To increase dietary fiber to increase stool bulk.

General Information

Research studies show that increasing fiber to 25-35 grams per day has beneficial effects for individuals with diverticulosis, constipation, and irritable bowel syndrome. Dietary fiber may help in the treatment of diabetes, hyperlipidemia, and obesity. Increasing dietary fiber also may aid in the treatment of hypertension and coronary heart disease. However, excessive dietary fiber (>50 grams daily) can cause undesirable effects such as diarrhea and impaired nutrient absorption.

Humans are unable to digest some of the complex carbohydrates found in plant cell walls. This indigestible matter called “dietary fiber” passes through the gastrointestinal tract without being absorbed by the body.

Several types of “dietary fiber” are found in our food supply (soluble, insoluble, pectins, gums, etc) and each type provides different benefits. By eating a wide variety of fiber rich foods, one maximizes the benefits of a high fiber diet. Fruits, vegetables, grains, nuts and seeds contain fiber. Dairy products, meat, oils or animal fat do not contain fiber.

Some of the normal bacteria that live in the colon are able to metabolize dietary fiber. As the bacteria metabolize this plant material, gas may be produced. By increasing fiber gradually, eating well-balanced meals slowly, and chewing thoroughly, this problem can be minimized. Drinking plenty of liquids will help prevent constipation or impaction.

Specifics Of The Diet

Include in Your Diet Each Day

Food Group	Foods Choices	General Serving Sizes
Bread	<ul style="list-style-type: none"> ▪ 2 or more servings of 100% whole grain bread or crackers. ▪ 1 to 2 servings of high fiber cereal. 	<ul style="list-style-type: none"> ▪ A serving of bread or crackers is 1 oz (1 average slice of bread, 5-6 crackers.) A good choice has at least 2-3 grams of fiber per serving. ▪ A good choice for cereal has at least 5 grams of fiber per serving.
Beans	<ul style="list-style-type: none"> ▪ 1 cup or more of beans, peas or corn. ▪ Not the green bean type, the “starchy” type. 	
Vegetables	<ul style="list-style-type: none"> ▪ 2 or more servings of fiber rich vegetables. <p style="text-align: center;"><i>Preferably raw or lightly cooked and not peeled.</i></p>	<ul style="list-style-type: none"> ▪ A serving of vegetable is ¼ cup dried, ½ cup cooked, or 1 cup of raw. ▪ A high fiber choice has at least 2 grams of fiber per serving.
Fruits	<ul style="list-style-type: none"> ▪ 2 or more servings of fiber rich fruit. ▪ Preferably raw or dried, and when appropriate, not peeled. ▪ Nuts and seeds are high in fiber but also high in fat. If you are trying to control fat in your diet, eat nuts and seeds sparingly or in moderation. 	<ul style="list-style-type: none"> ▪ A serving of fruit is ¼ cup dried, ½ cup cooked, or 1 cup of raw. ▪ A high fiber choice has at least 2 grams of fiber per serving.

When proper amounts and varieties of foods are selected, this diet meets the RDA for all nutrients.

Sample Menu

Breakfast	Lunch	Dinner
Bran Cereal, Milk, Fresh Banana, Whole Wheat Toast, Margarine	Turkey Sandwich on Whole Wheat Bread, Mayonnaise, Raw Vegetables, Fresh Apple, Milk	Baked Chicken, Green Peas, Steamed Carrots, Whole Wheat Roll, Green Salad, Salad Dressing, Margarine, Iced Tea
Snack: Fresh Grapes		

High Fiber Foods

- Bran Cereal.
- Dried Peas, beans, and legumes including kidney, pinto, garbanzo, black, baked, split peas, etc.
- Fresh or frozen lima beans, including Fort Hook and Baby Limas.
- Fresh or frozen green peas.
- Dried fruits, particularly figs, apricots and dates.
- Raspberries, blackberries and strawberries.
- Corn.
- Whole grain or Bran Cereals (aim for those with at least 5 grams of fiber per serving).
- 100% whole wheat or 100% whole grain breads (aim for those with at least 3 grams of fiber per serving).
- Broccoli.
- Baked potato with skin.
- Green snap beans, pole beans, and broad beans, sometimes called Italian, haricot, or French beans.
- Plums, pears, and apples; especially the skin.
- Raisins and prunes.
- Greens, spinach, collards, kale, Swiss chard, beets, or turnip greens.
- Nuts, especially almonds, peanuts, walnuts, and Brazil nuts.
- Cherries.
- Bananas.
- Carrots.
- Coconut (high in saturated fat).
- Brussels sprouts.

High Fiber Cereals

6 GRAMS of FIBER or More	5 GRAMS of FIBER
Barbara's Bakery Cinnamon Puffins (3/4 cup) Barbara's Bakery Grain Shot (2/3 cup) General Mills Fiber One (1/2 cup) Kashi GoLean or Original Good Friends (3/4 cup) Kashi Organic Promise, Autumn Wheat (1 cup) Kashi Seven in the Morning (1/2 cup) Kellogg's All-Bran Bran Buds (1/3 cup) Kellogg's All-Bran with Extra Fiber (1/2 cup) Kellogg's Original All Bran (1/2 cup) Natures Path Millet Rice Oat Bran or 8-Grain (2/3 cup) Natures Path Flax Plus or Heritage Multigrain (3/4 cup) Oat or Wheat Bran (1/4 – 1/2 cup depending on brand). Post 100% Bran (1/3 cup) Post Grape Nuts (1/2 cup) Post Shredded Wheat'n Bran (1 1/4 cup) Shredded Wheat, spoon size, any brand (1 cup) Uncle Sam Cereal (1 cup)	Barbara's Bakery Original Puffins (3/4 cup) Barbara's Bakery Soy Essence (3/4 cup) Familia No Added Sugar Swiss Muesli (1/2 cup) General Mills Wheat Chex (1 cup) Health Valley Soy Flakes (1 1/4 cups) Kashi Heart to Heart (3/4 cup) Kellogg's Complete Bran Flakes (3/4 cup) Natures Path Multigrain Oat Bran (2/3 cup) Post Bran Flakes (3/4 cup) Quaker Crunchy Corn Bran (3/4 cup) Shredded Wheat Biscuits, any brand (2 biscuits)

All of these cereals have no more than 8 grams of sugar per serving.

Fiber Content of Beans and Legumes

Type	Fiber Content	Type	Fiber Content
Kidney Beans, 1/2 cup	6.7	Black Beans, 1/2 cup	3.6
Lima Beans, 1/2 cup	5.0	Garbanzo Beans (Chick Peas), 1/2 cup	2.7
Baked Beans, 1/2 cup	3.3	Black eyed Peas, 1/2 cup	2.2
Great Northern, 1/2 cup	3.0	Broad Beans, 1/2 cup	4.4
Green Peas, 1/2 cup	3.8		

Pinto Beans, ½ cup	3.4		
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Fiber Content of Popular Fruits and Vegetables

Fruits	Grams of Fiber	Vegetables	Grams of Fiber
Apple, fresh 1 medium	3.0	Alfalfa Sprouts, ½ cup	0.4
Apple sauce, ½ cup	1.5	Artichokes, 1	4.0
Apricots, 2	1.3	Asparagus, 1 cup	2.2
Apricots canned, ½ cup	2.8	Beet Greens, ½ cup	2.2
Apricots dried, ¼ cup	4.9	Beets, ½ cup	1.4
Banana, 1 med	1.9	Broccoli raw, 1 cup	2.9
Blackberries, ½ cup	4.5	Broccoli cooked, ½ cup	7.3
Blueberries, ½ cup	2.0	Brussels Sprouts, ½ cup	3.2
Cherries, 1	1.0	Cabbage raw, 1 cup	1.4
Cranberries, 1 cup	4.6	Cabbage cooked, ½ cup	4.0
Dates, 3	2.2	Carrots raw, ½ cup	3.6
Figs, ½ cup	2.6	Carrots cooked, ½ cup	3.2
Fruit cocktail, ½ cup	0.7	Cauliflower raw, 1 cup	2.6
Grapefruit, ½	1.2	Cauliflower cooked, ½ cup	2.0
Grapes, ½ cup	0.7	Celery, 1 cup	2.0
Guava, ½ cup	2.7	Collard Greens, ½ cup	5.2
Kiwi, 1	2.6	Corn, 1 ear	2.6
Kumquats, 3	3.9	Cucumber raw, 1 cup	0.6
Mango, ½	2.4	Eggplant raw, ½ cup	0.6
Cantaloupe, 1 cup	1.1	Garlic, 1 clove	0.1
Watermelon, 1 cup	0.6	Green Beans cooked, ½ cup	1.5-2.4
Casaba melon, 1 cup	2.0	Kale, 1 cup	3.8
Honeydew melon, 1 cup	1.5	Lettuce, 1 cup	0.5-1.0
Nectarine, 1 med	1.6	Mushrooms canned, ½ cup	2.8
Olives, 5	0.5	Okra, ½ cup	1.0
Orange, 1 med	3.1	Onion, ½ cup	2.0
Papaya, ½ cup	2.2	Peas cooked, ½ cup	3.8
Peach, 1 med	1.4	Peppers any, ½ cup	.9-1.9
Peach canned, ½ cup	0.5	Potato w/o skin, ½ cup	0.6
Pear, 1	4.6	Potato w/skin, 1	5.0
Pears canned, ½ cup	2.0	Pumpkin, ½ cup	3.5
Persimmon, 1	0.4	Radishes, 3	0.2
Pineapple, ½ cup	0.9	Sauerkraut, ½ cup	3.0
Plums, 2	1.2	Spinach raw, 1 cup	1.8
Prunes, ¼ cup	2.7	Spinach cooked, ½ cup	4.5
Raisins, ¼ cup	1.5	Squash yellow, ½ cup	2.5
Raspberries, ½ cup	2.7	Squash winter, ½ cup	5.7
Rhubarb, ½ cup	2.4	Squash acorn, ½ cup	2.1
Strawberries, 1 cup	2.7	Sweet potato baked, 1 med	2.1
Tangerine, 1	1.5	Tomato raw, 1 med	1.6
		Tomato cooked, ½ cup	0.5

High Residue (High Fiber) Diet

(25-35 grams of fiber per day)

Food Group	Foods Choices	Daily Servings
Breads, Crackers, Cereal, Pasta, Rice, Potatoes	Whole grain breads, muffins, bagels, pita bread, or crackers; whole grain or dry bran cereals; oatmeal, oat bran, or grits; wheat germ; whole wheat pasta, brown rice, potatoes with skin.	6-11 Servings Daily 1 serving = 1 slice bread 4-6 crackers ½ cup rice, pasta, or cooked cereal ½ to 1 cup dry cereal
Nuts, Dried Beans, Peas, and Lentils	All types of dried beans, peas, lentils, nuts, seeds, and chunky peanut butter. These foods can be served as a side dish or can be used to substitute for meat servings.	1-2 Servings Daily 1 serving = ½ cup beans, peas, or lentils 2 Tablespoons peanut butter 5 large or 15 small nuts 1 Tablespoon seeds
Vegetables	All vegetables, including: asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, corn, eggplant, greens, green beans, green pepper, peas, potato with skin, snow peas, spinach, squash, sweet potato, tomatoes, turnips, zucchini	3-5 Servings Daily 1 serving = 1 cup raw or ½ cup cooked
Fruits	All fresh and dried fruits including: apple, apricot, banana, berries, dates, grapes, grapefruit, nectarine, orange, pear, plum, prunes.	2-4 Servings Daily 1 serving = 1 piece fresh or ¼ cup dried
Meat & Dairy Products	These foods are not sources of dietary fiber, but are part of a healthy eating plan. Include 4 to 6 ounces of lean meats, fish or poultry daily, as well as low-fat dairy products.	4 to 6 oz lean meat 2 to 3 cups low-fat dairy products

