

# High Fiber Diet

**Purpose:** The high fiber diet provides bulk in the diet and helps keep bowels regular.

**Use:** This diet can be used in relieving symptoms, in the prevention of diverticular disease, hemorrhoids, constipation, cancer of the colon, Crohn's disease, hypercholesterolemia, obesity, and irritable bowel syndrome.

Studies have shown that a balanced diet containing different kinds of fiber can help regulate the bowels, aid in the prevention of disease, and protect against a number of other health problems. Another way fiber contributes to good health is by helping to protect against cancer of the colon and rectum. Foods that contain fiber also tend to contain other cancer fighting nutrients, such as vitamin A, vitamin C, vitamin E and selenium.

## Dietary Guidelines

- Scan food labels for bread and cereal products listing whole grain or whole wheat as the first ingredient.
- Look for cooked and ready to eat cereals with at least 3 grams of fiber per serving.
- Eat raw fruits and vegetables; they have more fiber than cooked or canned foods, or juice. Dried fruits (especially dried figs) are also good sources of fiber.
- Increase fiber in meat dishes by adding pinto beans, black-eyed peas, bran, or oatmeal.
- Try adding 2-3 tsp of unprocessed wheat bran to foods such as meatloaf, casseroles, homemade breads, muffins and other baked goods.
- Dairy foods provide little fiber. Increase fiber by adding fresh fruit, whole grain or bran cereals, nuts or seeds to yogurt or cottage cheese.
- Chopping, peeling, cooking, pureeing, and processing food may reduce fiber content.
- Substitute oat bran for one third of all purpose flour in baked good recipes.
- Best to eat a variety of foods and not to rely on a fiber supplement.
- Do it gradually, rapid fiber increases may result in gas, cramping, bloating, or diarrhea.
- Drink plenty of non-caffeinated fluids, at least 8 cups everyday.

## Diet Recommendations:

Breads & Grains 6-11 servings each day

- Whole grain breads, muffins, bagels or pita bread
- Rye bread
- Whole wheat crackers or crisp breads

- Whole grain or bran cereals
- Oatmeal, oat bran, or grits
- Barley, dry
- Wheat germ
- Whole wheat pasta
- Brown rice

#### Vegetables 3-5 servings each day

- All vegetables such as asparagus, broccoli, cabbage, carrots, green beans, green pepper, onions, peas, potatoes with skin, snow peas, spinach, squash, sweet potatoes, tomatoes and zucchini.

#### Fruits 2-4 servings each day

- All fruits such as apple, banana, berries, grapefruit, nectarine, orange, peach and pear.

#### Milk & Dairy 2-3 servings each day

- All dairy products

#### Meat & Meat Substitutes 2-3 servings each day

- All beans and peas such as garbanzo beans, kidney beans, lentils, lima beans, split peas, and pinto beans.
- All nuts and seeds such as almonds, peanuts, Brazil nuts, cashews, peanut butter, walnuts sesame and sunflower seeds.
- All meat, poultry, fish, and eggs.

If you are following a low fat diet, use nuts and seeds in moderation.

#### Fats & Snacks

- Popcorn, whole-wheat pretzels, baked tortilla corn chips, and trail mix made with dried fruits, nuts and seeds.
- Cakes, breads, and cookies made with oatmeal, fruit and nuts.