

## HIGH FIBER DIET

This diet furnishes adequate amounts of all the essential nutrients needed by the body along with a liberal fiber or roughage content. Fiber is found primarily in fruits, vegetables, and whole grain products (bread, cereals, and pasta) it provides bulk to the large intestines and when accompanied by an adequate fluid intake, it will increase stool bulk.

The high fiber diet is indicated primarily for irritable bowel syndrome, diverticulitis, and constipation. There may be an increase in gas formation as the body adjusts to the extra fiber content of the diet. However, with gradual increases in dietary fiber, these symptoms are less likely to be a problem and often improve as one body becomes adjusted to the changes.

## GENERAL INSTRUCTIONS

1. Drink minimum of 40 oz of liquid/day with a goal of 64 oz ( 5-8 oz glasses). Limit beverages with caffeine and alcohol as they act as a diuretic in the body.
2. Increase fiber intake gradually to a goal of 25- 35 grams per day. Do not exceed 40- 50 grams per day.
3. Eat slowly and chew your food thoroughly.
4. Exercise daily, if permitted by your physician.
5. When dining out inquire about whole wheat pastas, buns, pizza crust; including vegetables and consider fresh fruit for dessert.
6. Depending on severity of disease, individual tolerance, and physician recommendations, foods containing seeds (nuts, popcorn, whole kernel and cream style corn, coarsely ground black/red pepper, cloves, hard seeds including: sesame seeds, seeds from figs, strawberries, tomatoes) should only be used with caution by patients with diverticular disease.
7. Fruits and vegetables are not only good sources of fiber, but also good sources of phytochemicals, which have been found to boost immunity, increase resistance to disease as well as decrease the incidence of colon cancer. Include phytochemical containing foods in your daily diet.

## DIET INSTRUCTIONS

**FRUIT:** 2 or more servings per day  
2 servings of fruit = 1 medium fruit, 1 cup melons, ¼ cup dried fruit, ½ cup canned fruits  
In general, each serving provides 2-4 grams of fiber  
Eat raw fruit with skin when possible. Dried fruit may provide as much as 8 grams of fiber per serving.

**Please note the following fruits are rich in phytochemicals: apples, lemons, cherries, grapefruit, grapes, oranges, papaya, mango, watermelon, cantaloupe, and berries.**

**VEGETABLES:** 3 or more servings per day  
One serving of vegetable = 1 cup raw veggies or ½ cup cooked veggies.  
In general each serving provides 2-4 grams of fiber. Avoid overcooking and leave peelings on when possible.

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**Please note the following vegetables are rich in phytochemicals: broccoli, cabbage, Brussel sprouts, watercress, cauliflower, onion, garlic, kale, spinach, tomatoes, carrots, celery, winter squash, soybean, chives, peppers, lettuce, and bok choy.**

BREADS, CEREALS/STARCHES: 6 – 11 servings per day

One serving of starch – 1 slice of bread, ½ c cereal, 1/2c of rice, ½ c dried beans, ½ hamburger bun, bagel or English muffin. Read labels for actual amounts of fiber and fat. Whole grains, barley, brown rice, oats & legumes are rich in phytochemicals.

- 100% whole wheat, cracked wheat, rye, buckwheat or bran bread (3g fiber)
- White wheat bread (3g fiber)
- Whole grain or bran cereals, oatmeal (3- 10 g fiber)
- Whole grain pastas (6-8 fiber)
- Brown rice (2-4g fiber)
- Whole wheat buns, bagels, muffins (3-5g fiber)
- Whole wheat crackers (2-3g fiber)
- Unprocessed bran can be added to casserole & vegetables

**Please note other starchy foods like white rice, pasta, and breads are not restricted; however they do not contain the fiber recommended for this diet.**

MEAT: 2-3 servings (totaling 5 – 7 ounces per day)  
Use dried beans and peas in the place of meat (5 – 8 g fiber per serving)

MILK/YOGURT/CHEESE: 2 -3 servings – limit high fat dairy (whole milk, ice cream, cheese)

SUGARS/SWEETS: Use in moderation. Try including high fiber snack choices (fresh fruit, Bran muffins, raw veggies, graham crackers, oatmeal cookies, wheat Crackers)

FATS: Use sparingly: 1 – 2 tsp/meal (margarine, salad dressings, cooking oils, Mayonnaise, gravies, nuts, seeds)

SAMPLE MENU: 27 grams of fiber

Breakfast	Lunch	Dinner
¾ c bran cereal- 6g fiber	2 slices whole wheat bread-6g	1 baked potato w/skin 3g
½ grapefruit – 3g fiber	1 c tossed salad-3g	3 oz baked chicken
1 egg	2 oz roast beef	½ c broccoli 3g
1 c skim milk	1 medium apple-3g	16 oz water
1 tsp margarine	16 oz lemonade	
1 c decaf coffee		