

# Family Care Physicians, P.C. - Anxiety and Depression Institute

## High Fiber Diet

**PURPOSE:** The high-fiber diet provides bulk in the diet and helps keep bowels regular. Dietary fiber is a type of complex carbohydrate found in plants that cannot be digested by humans and therefore has no calories. Fiber is made up mostly of cellulose, hemicellulose, pectin and gums. There are two forms of fiber: soluble and insoluble. A high fiber diet contains 20-35 grams of fiber daily.

**INDICATIONS:** This diet can be used in relieving symptoms, in the prevention or treatment 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 heart disease and protect against a number of other health problems.

Source: Wayne State University/The Detroit Medical Center (12/2002)

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### 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 fibers 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, kidney 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 may reduce fiber content.
  - Substitute oat bran for one third of all-purpose flour in baked good recipes.
  - Eat a variety of foods and do not rely on a fiber supplement.
  - Do it gradually, rapid fiber increase may result in gas, cramping, bloating or diarrhea.
  - Drink plenty of fluids - at least 8 cups per day.
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## HIGH FIBER FOODS

FOOD GROUP	HIGH FIBER FOODS	SERVING SIZE	DIETARY FIBER (Grams)
Cereals	All-Bran w/ extra fiber	1/3 Cup	13
	Fiber One	1/2 Cup	13
	Raisin Bran	1 Cup	7
	100% Bran	1/3 Cup	8
	Shredded Wheat + bran	2 Biscuits	6
	Oatmeal, Cooked	1/2 Cup	2-4
	Multi-Bran Chex	1 1/4 Cup	7
	Uncle Sam		
	Oatmeal Squares Bran Buds		

• These are just a few of the numerous high fiber cereals available

Breads & Grain Products	Whole Wheat Bread	1 Slice	2
	Bran Muffins	1 Muffin	2-5
	Nutri-Grain Waffles	1 Waffle	4-6

Fruits	Apple with Skin	1 Medium	3
	Blackberries	1/2 Cup	4
	Dates, Dried	5 Dates	2
	Raisins	1/4 Cup	2
	Prunes, Canned	5 Prunes	3
	Kiwi	1 Medium	2.5
	Mango	1 Medium	3
	Nectarines	1 Medium	3
	Orange	1 Medium	3
	Pear, Fresh with Skin	1 Medium	4
	Raspberries	1/2 Cup	4
	Strawberries	1/2 Cup	2
	Tangerine	1 Medium	1.5

Vegetables	Broccoli	1/2 Cup	3
	Carrots, Cooked	1/2 Cup	2
	Green Beans, Cooked	1/2 Cup	2
	Okra, Cooked	1/2 Cup	2.5
	Peas, Cooked	1/2 Cup	4
	Spinach	1/2 Cup	5.5
	Tomato	1 Medium	2
	Turnips	1/2 Cup	3

Dried Beans & Peas	Baked Beans	1/2 Cup	6-7
	Black-eyed Peas	1/2 Cup	6
	Green Peas	1/2 Cup	2
	Lima Beans	1/2 Cup	6

	Lentils	½ Cup	4
Nuts and Seeds	Almonds, lightly roasted	¼ Cup	3
	Mixed Nuts, dry roasted	¼ Cup	3
	Peanuts, dry roasted	¼ Cup	3
	Pistachios, dry roasted	¼ Cup	3.4
	Pumpkin Seeds	1/3 Cup	2
	Sunflower Seeds, dry roasted	¼ Cup	2
Miscellaneous	Wheat Bran	1 Tbsp.	1.5
	Wheat Germ	1 Tbsp.	1.1
	Whole Wheat Flour	1 Cup	15
	Beans/Pea Soup	1 Cup	6-7
	Cooked long-grain Brown Rice	½ Cup	3
	Triscuit Crackers	7 Crackers	4
	Sunchips	11 Chips	2

### SAMPLE MENU

BREAKFAST	LUNCH	DINNER
1/2 cup Orange Juice 1 cup Raisin Bran Cereal 1 whole wheat English Muffin 2 tsp. Margarine 1 cup 2% Milk 1 tsp. Sugar 1 Tbsp. Jam 1 cup Coffee	1 cup Minestrone Soup 4 Saltine Crackers 2 oz. lean Roast Beef 2 slices whole wheat Bread 1 tsp. Mayonnaise 1 fresh Orange 1 cup Iced Tea 1 tsp. Sugar	1 cup Lettuce & Tomato Salad 1 Tbsp. Ranch Dressing 4 oz. baked Chicken Breast ½ cup Mashed Potatoes ½ cup cooked Broccoli 2 Tbsp. Gravy 1 tsp. Margarine 1 medium Apple with Skin 1 cup 2% Milk
<b>SNACK</b> 4 Triscuit Crackers Piece of fresh fruit		