

## FIBER: HIGH FIBER DIET

**Purpose of the diet:** to promote normal bowel function or to prevent and treat constipation. Other benefits of the diet include lowering blood cholesterol, stabilize blood sugars, and lowering risk of colon cancer and hemorrhoids.

**Description of the diet:** a high fiber diet is a regular diet that emphasizes fruits, vegetables, legumes and whole grain foods that have a higher fiber content. The goal is to eat 25 to 35 grams of fiber each day. For children two to 18 years of age, five grams of fiber should be added to their age to get the goal fiber intake.

### Guidelines:

- Add fiber slowly into the diet to help decrease gas, cramps, bloating, and diarrhea.
- Drink at least eight cups or 64 ounces of fluid each day. Fiber absorbs lots of water and may cause constipation if you do not drink your fluids.
- Read food label for amount of fiber provided for each serving. Look for foods with at least two grams of fiber per serving.
- Look at food labels for breads and cereals that have whole-grain or whole-wheat as the first ingredient.
- The peelings on fruit and vegetables contain fiber, for example, do not peel your apple.
- Fresh fruits and vegetables and dried fruits have more fiber than juice or cooked or canned foods.
- Meats, poultry, fish, eggs, and dairy products are not high in fiber.
- Have at least one high fiber snack each day.

### Food List:

- **Fruits:** apple and pear with skin, blackberries, blueberries, raspberries, strawberries, orange, raisins, figs/date, and prunes or prune juice.
- **Vegetables:** broccoli, carrots, peas (green or snow), green beans, turnip greens and Brussels sprout.
- **Breads and crackers:** whole wheat bread and crackers, rye bread and crackers, pumpernickel bread, bran muffins and graham crackers.
- **Cereals:** Fiber One<sup>®</sup>, All-Bran<sup>®</sup>, Bran Chex<sup>®</sup>, Raisin Bran<sup>®</sup>, Cracklin Oat Bran<sup>®</sup>, Shredded Wheat<sup>®</sup>, and Bran Buds<sup>®</sup>.
- **Pasta and rice:** whole wheat pasta and brown or wild rice.
- **Starchy vegetables:** sweet potato, baked beans, kidney beans, navy beans, pinto beans, lima beans, garbonzo beans, black beans and corn.
- **Other:** peanuts, crunchy peanut butter, avocado and olives.