

## High Fiber Diet

### What is dietary fiber?

Fiber is a substance found in plants. Dietary fiber, which is the type of fiber you can eat, is found in fruits, vegetables, and grains. It is an important part of a healthy diet. There are several types of fiber:

Type	Description	Food & Fiber Supplement
<b>Soluble</b>	Soluble fiber attracts water and turns to gel during digestion. It is fermented or used by the colon bacteria (the probiotics) as a food source or nourishment. It is important to have this good bacteria thrive and grow in the colon. Soluble fiber slows digestion. Research has shown that soluble fiber lowers cholesterol, which can help prevent heart disease.	Oat bran, barley, legumes, rye, berries, plums, apples, bananas, pears, broccoli, carrots, root vegetables. Supplement: Metamucil, Konsyl
<b>Insoluble</b>	Insoluble fiber does not dissolve in water, nor is it fermented by the bacteria residing in the colon. Is found in foods such as wheat bran, vegetables, and whole grains. It appears to speed the passage of foods through the stomach and intestines and adds bulk to the stool.	Com bran including popcorn, nuts, seeds, potatoes and skins from apples. Supplement: Citrucel
<b>Prebiotic</b>	Prebiotics are a type of soluble fiber. They are on-digestible plant fibers that already live inside the large intestine. The more food, or prebiotics, that probiotics have to eat, the more efficiently these live bacteria work and the healthier your gut will be. Prebiotics act as food for probiotics. In other words, probiotics eat prebiotics.	Asparagus, yams, garlic, bananas, leeks, agave, chicory, Jerusalem artichokes, wheat, rye and small amounts in barley Supplement: Fiber Choice

## Tips for adding fiber to your diet

1. Slowly increase the amount of fiber you eat to 25-35 grams/ day.
2. Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats or bran as the first or second ingredient.
3. Have brown or wild rice instead of white rice or potatoes.
4. Enjoy a variety of grains. Good choices include barley, oats, farro, kamut, and quinoa.
5. Bake with whole wheat flour. You can use it to replace some white or all-purpose flour in recipes.
6. Enjoy baked beans more often. Add dried beans and peas to casseroles or soups.
7. Choose fresh fruit and vegetables instead of juices.
8. Eat fruits and vegetables with peels or skins on.
9. Compare food labels of similar foods to find the higher fiber choices. Check the nutrition facts label and try to choose products with at least 4gm dietary fiber per serving.
10. VERY IMPORTANT- Drink plenty of fluids. Set a goal of at least 8 cups per day. You may need more fluids as your fiber intake increases. Fluids help your body process fiber without discomfort.

## Recommended Amount of Fiber per day

Age	Under 50 Years Old	Over 50 Years Old
Men	38 grams/day	30 grams/day
Women	25 grams/day	21 grams/day

## Benefits of a High Fiber Diet

1. Bowel regularity- by promoting regularity with a softer, bulkier and regular stool pattern.
2. Reduce cholesterol and triglycerides - by consuming soluble fiber on a regular basis.
3. Colon Polyps and cancer- not proven to prevent cancer but appears to be helpful by moving cancer causing carcinogens quickly through the bowel.
4. Colon wall integrity - changes the bacterial makeup of the colon towards a more favorable balance which promotes a stronger bowel wall.
5. Blood sugar - soluble fiber slows absorption of blood sugar and helps regulate blood sugar levels. Insoluble fiber on a regular basis is associated with reduced risk of Type 2 diabetes.
6. Weight loss - by providing a sense of fullness and soluble prebiotic fiber has been shown to turn off the hunger hormone and turn on the hormone that give a sense of fullness.
7. Bacteria and colon function - research has shown that there are over 1,000 species of bacteria which play a major role in producing a strong immune system. Soluble fiber play an important role in stimulating growth of probiotics in the colon.

## Fiber Content of Foods (Goal 20-35gm/day)

### Bread

Serving Size	Food	Grams of dietary fiber
1 medium	Bran Muffin	3
1 slice	Whole wheat bread	2
1 slice	White bread	1
1 slice	Pumpnickel bread	1
1 slice	Rye Bread	1
1 slice	Raisin Bread	<1
4 squares	Saltines	0

### Cereals and Pasta

Serving Size	Food	Grams of dietary fiber
½cup	General Mills Fiber One	14
½cup	Kellogg's All Bran Extra Fiber	13
½cup	Kellogg's All Bran	10
1 ¼cup	Post Shredded Wheat'n Bran	8
1 cup	Oatmeal	8
1 CUP	Kellogg's Raisin Bran	7
1 cup	Whole Wheat Pasta	6
1 cup	Post Fruit and Bran	6
1 cup	Oat bran	6
¾cup	Post Bran Flakes	5
¾cup	General Mills Raisin Nut Bran	5
1 cup	Cooked Brown Rice	4
1 cup	General Mills Cheerios	3
1 cup	General Mills Wheaties	3
1 cup	Pasta	3
½cup	Post Grape Nuts	2
1 CUP	Popcorn	2
1 cup	Egg Noodles	2
1 1/3 cup	General Mills Total	1
1 CUP	Kellogg's Corn Flakes	1
1 cup	Cooked Rice	0

### Legumes

Serving Size	Foods	Grams of dietary fiber
½cup	Kidney Beans	9
½cup	Baked Beans	7
½cup	Navy Beans	5
½cup	Pinto Beans	5
½cup	Lentils	2

### Vegetables

Serving Size	Foods	Grams of dietary fiber
½cup	Cooked frozen peas	4
1 medium	Baked Potato (with skin)	4
½cup	Cooked broccoli tops	3
½cup	Cooked young carrots	3
½cup	Cooked Corn	3
½medium	Avocado	2
½cup	Cooked green beans	2
½cup	Brussels sprouts	2

½cup	Cooked eggplant	2
½medium	Cooked sweet potato	2
½cup	Raw cabbage	2
½cup	Raw bean sprouts	1
½cup	Raw lettuce	1
½cup	Sliced raw mushrooms	1
1 medium	Dill pickle	1
½cup	Mashed potatoes	1
10 medium	French fried potatoes	1
½	Fresh tomato	1
1 stalk	Raw celery	<1
6 slices	Raw cucumber	<1
2 rings	Green pepper	<1
½cup	Raw onion	<1

## Fruits and Nuts

Serving Size	Foods	Grams of fiber
3.5 ounces	Dried figs	18
3.5 ounces	Prunes	8
3.5 ounces	Raspberries	7
¼cup	Almonds	5
1 medium	Apple (with skin)	3
1 medium	Banana	3
½cup	Blackberries	3
5	Dried dates	3
1 medium	Nectarine	3
1 medium	Peach	3
¼cup	Roasted peanuts	3
1 cup	Strawberries	3
1	Pear (with skin)	2
¼cup	Cantaloupe	2
10 medium	Olives	2
1 medium	Orange	2
2 Tablespoons	Smooth Peanut butter	2
1 medium	Tangerine	2
¼cup	Walnut pieces	2
1 medium	Apricot	1
10 large	Cherries	1
½medium	Grapefruit	1
½cup	Pineapple	1
2 Tablespoons	Raisins	1
2 medium	Plums	<1
½cup	Orange juice	0