




NORTHEASTERN GASTROENTEROLOGY ASSOCIATES

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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	Foods and Fiber supplement
Soluble 	<p>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.</p>	<p>Oat bran, barley, legumes, rye, berries, plums, apples, bananas, pears, broccoli, carrots, root vegetables.</p> <p>Supplement: Metamucil, Konsyl</p>
Insoluble 	<p>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.</p>	<p>Corn bran including popcorn, nuts, seeds, potatoes and skins from apples.</p> <p>Supplement: Citrucel</p>
Prebiotic 	<p>Prebiotics are a type of soluble fiber. They are un-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.</p>	<p>Asparagus, yams, garlic, bananas, leeks, agave, chicory, Jerusalem artichokes, wheat, rye and small amounts in barley</p> <p>Supplement: Fiber Choice</p>

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 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
½ cup	General Mills Fiber One	14
½ cup	Kellogg's All Bran Extra Fiber	13
½ cup	Kellogg's All Bran	10
1 ¼ cup	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
¾ cup	Post Bran Flakes	5
¾ cup	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
½ cup	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
½ cup	Kidney Beans	9
½ cup	Baked Beans	7
½ cup	Navy Beans	5
½ cup	Pinto Beans	5
½ cup	Lentils	2

Vegetables

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

½ cup	Brussels sprouts	2
½ cup	Cooked eggplant	2
½ medium	Cooked sweet potato	2
½ cup	Raw cabbage	2
½ cup	Raw bean sprouts	1
½ cup	Raw lettuce	1
½ cup	Sliced raw mushrooms	1
1 medium	Dill pickle	1
½ cup	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
½ cup	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
¼ cup	Almonds	5
1 medium	Apple (with skin)	3
1 medium	Banana	3
½ cup	Blackberries	3
5	Dried dates	3
1 medium	Nectarine	3
1 medium	Peach	3
¼ cup	Roasted peanuts	3
1 cup	Strawberries	3
1	Pear (with skin)	2
¼ cup	Cantaloupe	2
10 medium	Olives	2
1 medium	Orange	2
2 Tablespoons	Smooth Peanut butter	2
1 medium	Tangerine	2
¼ cup	Walnut pieces	2
1 medium	Apricot	1
10 large	Cherries	1
½ medium	Grapefruit	1
½ cup	Pineapple	1
2 Tablespoons	Raisins	1
2 medium	Plums	<1
½ cup	Orange juice	0