



Nutrition Services

HIGH FIBER DIET

Purpose: Fiber keeps food moving through the intestine and is helpful to relieve constipation, is an important treatment to irritable bowel disease as well as diverticulosis. A high fiber diet is 25 to 35 grams of fiber each day. Check the FOOD GUIDE PYRAMID to determine the number of food portions per food group per day and for portion sizing information.

Diet Tips:

- Use whole grain breads and cereals daily. Try bran cereal. (1/3 cup of All-Bran cereal contains 10 gms of fiber; 1/2 cup of bran flakes contains 5 gms of fiber.)
- Eat fresh, raw, unpeeled fruit each day. (1 portion contains 2-3 gms of fiber)
- Try dried or stewed fruit (raisins, prunes) on cereal, salad or as a snack.
- Eat root vegetables (potatoes, carrots) with skin.
- Try including several raw vegetables with your meals. (1 portion contains 2-3 gms of fiber)
- Add pinto, kidney, garbonzo or other dried bean to your salads or try a bean burrito. (1 portion contains 5 or more grams of fiber)
- Read food labels to check on amount of fiber per serving.

- Drink plenty of water (6-8 cups) each day when on a high fiber diet.

Sample High Fiber Diet (34 gms of fiber)

	Fiber content
BREAKFAST	
Bran flakes, $\frac{1}{2}$ cup	5 gms
1 banana	3 gms
2 slices whole wheat bread	3 gms
1 cup low-fat milk	
LUNCH	
2 slices whole wheat bread	3 gms
2 oz. lean meat, poultry	
small salad	2 gms
1 medium orange	3 gms
1 cup low-fat milk	
DINNER	
$\frac{1}{2}$ cup beans	3 gms
1 slice whole wheat tortilla	1.5 gms
1 oz. cheese	
tomato, lettuce	3 gms
1 medium apple	3 gms
SNACK	
6-8 whole wheat crackers	3 gms
1 cheese stick	
1 small can tomato juice	2 gms

Dietitian's Name _____ Phone # 463-57 _____