

Courtesy of Genesys Health System

Dietary Fiber is the part of food that is not digested in your body resulting in larger stools. Plant lignins, gums, cellulose, and pectins are types of fiber. A high fiber diet is encouraged for prevention and treatment of constipation, diverticular disease and irritable bowel syndrome. Fiber may also decrease the risk of colon cancer, lower blood cholesterol level, and help with controlling blood sugar levels. A fiber diet is considered an intake of 25-35 grams daily. This amount can be accomplished by daily consumption of whole grain, bran or wheat cereals, fresh fruits and vegetables. Drink plenty of fluids particularly water to promote softer stools. Add fiber to your diet gradually to prevent and decrease the likeliness of problems with gas or bloating.

High Fiber Foods

Best Sources	(5 or more grams fiber per serving)	Good sources	(2-4 grams fiber per serving)
1/3 c All-bran	10	bran muffin	3
1/2 c Fiber One	13	1 c oatmeal	4
1/3 c Bran Buds	8	2 slices whole wheat bread	3
3/4 c Bran Flakes	5	1/4 c wheat germ	4.4
3/4 c Raisin Bran	5	1/2 c pinto beans	3.4
		1/2 c green peas	3
		large carrot	2.2
		1/2 c mixed vegetables	3.5
1/2 c kidney beans	7.3	baked potato with skin	4
1/2 c lima beans	7	apple	3
1/2 c baked beans	7	kiwi	2.6
1 c bean soup	7	nectarine	2.2
Metamucil 1 pkg.	5.4	pear	4.3
		1 c fresh strawberries	3.9
		3 dried prunes	2
		2 T crunchy peanut butter	2

Sample Menu

Breakfast	Lunch	Dinner	Snacks
1 c oatmeal	1 c bean soup	Baked chicken	apple
1 slice WW toast	turkey sandwich on	baked potato with skin	bran muffin
1 T chunky peanut butter	2 slices ww bread	margarine	
1/2 c orange juice	raw carrots	1/2 c mixed vegetables	
milk	nectarine	1 c fresh strawberries over	
	milk	angel food cake	
		Iced tea	