

High Fiber



Veggies rich in dietary fiber

Dietary fiber rich foods

This diet is designed to increase stool bulk. It may be used for irritable colon syndrome and diverticulosis. There may be an increase in gas formation as the body adjusts to the extra fiber content of the diet. A gradual increase of roughage over a period of 3 to 4 weeks may help minimize discomfort.

Whole grain breads and cereals, oat or wheat bran, and fruits and vegetables are the major sources of dietary fiber. It is essential to drink large quantities of water when consuming large amounts of bran - a fluid intake of 2 quarts per day is recommended. (Coffee, tea, and colas should be limited.)

A reduction in the use of refined carbohydrates is stressed because they contain little or no bulk, and decrease appetite for other foods, as well as, produce flatulence.

Note: A high fiber diet does not limit your intake of milk, meat, or fats. But low fat milk, baked, broiled or boiled meats, and only small amounts of fats are recommended.

Food Groups	Foods Allowed	Foods Not Allowed
Milk - 2 or more cups	2% milk or buttermilk	Milk products with concentrated
Eggs - 1 or less daily	Scrambled, poached, boiled	Limit fried eggs
Meat, Fish, Poultry 2 servings, 4-6 ounces	Beef, lamb, veal, pork, poultry, ham; all fish and shellfish	Limit fried meats
Cheese - as meat substitute	Low fat regular cheeses	
Potato or Potato substitute 1 or more servings	White or sweet potatoes with skin; whole grain rice (brown or wild)	Limit refined grain products

Vegetables - 4 or more daily include some raw each day	Raw or cooked high fiber content vegetables such as broccoli, brussel sprouts, eggplant, green peas, pumpkin winter squash, sweet potatoes, beets, cabbage, spinach, dried beans and peas, lentils, and soybeans. Cooked fresh or frozen vegetables only until fork tender (not mushy). Cooked potatoes with the skin on.	Overcooked vegetables or pureed vegetables
Fruits - 2 or more servings	Dried and stewed such as prunes, apricots, and raisins. Fresh fruits especially apples, plums, peaches or pears	Canned fruits, pared raw fruits
Breads and Cereals - 4 or more servings	Whole wheat bread with oat or wheat bran added; raisin bran bread. or pumpernickel bread; whole wheat, oat, or wheat bran muffins; any whole grain ready-to-eat cereals such as All Bran, Bran Flakes, Bran Buds, Raisin Bran, or Shredded Wheat; whole grain cooked cereals such as oatmeal; and unprocessed bran as needed; 3 servings of 2 teaspoons each	White bread, cookies, pies, pastries, and other products, made from refined flour
Soups	As desired	
Fats	In small amounts	Excessive amounts of fried foods
Beverages	As desired	Excessive amounts of sweetened drinks
Miscellaneous	As desired; Iodized salt, condiments, herbs, spices, etc., relishes and sauces	Limit candy

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