

## High-Fiber Medical Nutrition Therapy

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Fiber and fluid may help you feel less constipated and bloated and can also help ease diarrhea by adding bulk to your stool. The High-Fiber Diet can be used to relieve symptoms and aid in the prevention and treatment of diverticular disease, hemorrhoids, constipation, colon and rectal cancer, Crohn's disease, Ulcerative Colitis, irritable bowel syndrome, anal fissures, hypercholesterolemia, and obesity.

### Tips

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- The recommended amount of fiber is 25 to 35 grams per day.
- Slowly increase the amount of fiber you eat to reach this range - if fiber is added too quickly, it may cause gas, cramping, bloating or diarrhea
- Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first ingredient.
- Use brown or wild rice instead of white rice.
- Try a variety of grains including barley, oats, farro, kamut, and quinoa.
- Bake with whole-wheat flour – it can replace some white or all-purpose flour in many of your recipes.
- Enjoy baked beans more often
- Add dried beans and peas to soups or casseroles.
- Choose fresh fruits and vegetables instead of juices – eating with the skins on helps add fiber.
- On packaged foods, the amount of fiber per serving is listed on the Nutrition Facts label. Compare food labels of similar foods to find higher fiber choices, and try to choose products with at least 4g dietary fiber per serving.
- Drink plenty of fluids. Set a goal of at least 8 cups per day. You may need even more fluid as you eat higher amounts of fiber. Fluids help your body process fiber without discomfort.

## Recommended Foods

Food Group	Foods Recommended
<b>Grains</b>	Barley, brown, rice, faro, grits, kamut, oatmeal, oat bran, quinoa, rye bread, wheat germ, whole-grain/wheat or bran bread products, cereals, crackers, and pastas
<b>Vegetables</b>	All vegetables such as: artichokes, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, corn, eggplant, kale, okra, white or sweet potatoes (with skin), spinach, squash, tomatoes, turnip greens
<b>Fruits</b>	All fruit such as: apples, apricots, bananas, cherries, cranberries, dried fruits (dates, figs, prunes, raisins), grapefruit, kiwi fruits, oranges, peaches, pears, plums, tangerines
<b>Beans, Legumes, Nuts, Seeds</b>	All beans and legumes such as baked beans, black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, lima beans, split peas, pinto beans All nuts such as almonds, Brazil nuts, cashews, peanuts, peanut butter, pecans, pistachios, walnuts All seeds such as sesame seeds, sunflower seeds Popcorn

## Sample 1-Day Menu

<b>Breakfast</b>	½ cup high fiber cereal with 1 cup skim milk 1 orange 1 cup coffee
<b>Lunch</b>	1 ½ cups chili made with ½ cup kidney beans, ¼ cup soy crumbles topped with 2 tablespoons shredded cheese 8 wheat crackers 1 fresh apple with skin 2 cups water
<b>Snack</b>	8 oz yogurt 1 ripe banana 2 cups water
<b>Dinner</b>	2 cups mixed fresh vegetables 6-8 ounces sliced chicken 1 cup brown rice ½ cup fresh berries 1 cup hot tea
<b>Snack</b>	2 tablespoons almonds 1 cup hot chocolate