

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

HIGH FIBER DIET

Description

The high fiber diet is based on the regular diet and emphasizes increasing the intake of whole grain breads and cereals, fresh fruits and vegetables, legumes, nuts and seeds, and other foods high in fiber contents. An intake between 25 to 35 grams of dietary fiber a day may benefit most individuals. Increasing fiber should be done slowly to give the body time to adjust. As the fiber content of the diet increases, water intake must be increased to prevent constipation. Six to eight glasses of fluid a day are recommended.

Indications for Use

A high fiber diet is indicated in the treatment of constipation, diverticular disease, irritable bowel syndrome (IBS) and diabetes mellitus. This diet increases the volume and weight of fecal matter, increases gastrointestinal motility, decreases pressure in the colon associated with diverticulosis, slows the rise in blood glucose that occurs after a meal and binds with fats found in food to help in lowering blood cholesterol.

Nutritional Adequacy

This diet is adequate in all nutrients when planned to include a variety of foods from all food groups found in the USDA's Food Guide Pyramid. Adequacy of the diet depends upon the food choices of the individual.

An extremely high fiber diet is not recommended for the elderly. The bulk of the food makes it difficult to consume enough nutrients and the fiber binds to nutrients making them difficult to absorb.

Dietary Guide

High Fiber Diet	Choose More Often	Choose Less Often
Beverages	Milk, milk drinks, coffee, tea, carbonated drinks, fruit juices, vegetable juices	Excessive use of sugared and/or carbonated beverages
Breads	Whole grain breads and crackers containing bran, seeds, nuts, or dried fruit	Highly refined breads, crackers, flour, doughnuts, pastries
Cereals	Unrefined cereals (bran, granola, whole grains),	Highly refined cereals

	cereals containing nuts, seeds, or fruit, oatmeal	
Desserts and sweets	Those containing whole grain flour, seeds, nuts, coconut, raisins, or fibrous fruits, jams, preserves and marmalades containing fruit, seeds, and skin, candies with fruit, coconut, raisins, nuts, candied fruit	Refined desserts, sugar, honey, jelly, syrups
Fats	Margarine, butter, oils, shortening, mayonnaise, salad dressings, sour cream, cream cheese, cream, cream substitutes, avocado	NONE
Fruits	All fruits and all fruit juices (two to three servings a day and preferably fresh fruits with skin)	Excessive use of fruit juices
Meat and meat substitutes	All meats, poultry, fish, eggs, dried legumes, nuts, crunchy peanut butter, cheese, yogurt with added fruit	Yogurt (without fruit), creamy peanut butter
Potatoes and potato substitutes	Potatoes with skin, brown rice, whole grain noodles, macaroni and spaghetti	White rice, refined pastas
Soups	Soups and stews containing dried legumes, vegetables, brown rice and whole grains	Soups without fibrous foods
Vegetables	All vegetables, all vegetable juices (three to five servings a day and preferably raw vegetables with skin)	NONE

Meal Plan

Breakfast	Lunch	Dinner
Orange juice $\frac{3}{4}$ cup Whole grain cereal $\frac{3}{4}$ cup Prunes 3 Whole wheat toast 2 slices Margarine 2 tsp Jam 1 tbsp Low fat 1% milk 1 cup Coffee/tea	Vegetable soup 1 cup Slice turkey 2 oz Whole what bread 2 slices Mustard 1 tsp Mayonnaise 1 tbsp Sliced tomato/lettuce Raspberries $\frac{1}{2}$ cup Low fat 1% milk 1 cup	Green salad 1 cup Salad dressing 1 tbsp Broiled skinless chicken breast 3 oz Herbed brown rice $\frac{1}{2}$ cup Steamed broccoli $\frac{1}{2}$ cup Whole grain roll 1 Margarine 1 tsp Low fat frozen yogurt $1 \frac{1}{2}$ cups Pear 1 medium Beverage