

HIGH-FIBER DIET



Plant matter found in food is called fiber or roughage. Fiber makes fruits, vegetables, nuts and grains chewy.

Eating a high-fiber diet can help you prevent and treat constipation, lower your risk of colon cancer, and help you lower your blood cholesterol level. Different foods have different kinds of fiber. It is important to eat a wide variety of foods containing fiber.

TIPS TO INCREASE FIBER IN YOUR DIET

- Choose fresh fruits and vegetables rather than juice.
- Eat the skin of cleaned fruit and vegetables such as: apples, tomatoes, peaches, and cooked potatoes.
- Select whole grain breads such as:
100% whole wheat, rye bread, and bran muffins.

Note: The color of bread does not tell its fiber content. Sometimes breads are colored with caramel, molasses or brown sugar.

Read the label and make sure the bread is made from 100% whole wheat and/or contains cracked wheat or bran.

- Choose dry and cooked cereals containing bran, oats or whole wheat. Look for cereals with at least 2 grams of fiber per serving.
- For an extra boost, add raisins, dried fruit, or nuts¹ to your cereal.
- Use cooked, dried peas and lentils in soup, combine with rice or other grains for pilafs or

mash them into spreads for sandwich fillings and dips.

- Use whole wheat flour in place of all or part of the white flour in recipes for breads, muffins, cookies and other baked goods. Increase liquid by 1 – 2 tablespoons per cup of whole wheat flour when substituting for white flour.
- Try brown rice in place of white rice.
- Gradually increase fiber in your diet. As you increase fiber, also increase water intake.

¹ Avoid if you have diverticular disease.



SOURCES OF FIBER

CEREAL

CHOOSE

- Whole grain cereals such as:
oatmeal (3/4 cup, cooked), granola (1 oz.)
Total dietary fiber per serving, 1 – 2 grams
- Branflakes, raisin bran
Total dietary fiber per 1/2 cup serving, 3 – 5 grams
- 100% Bran cereal
Total dietary fiber per 1/2 cup serving, 6 – 9 grams

VEGETABLES

CHOOSE

- Baked potato with skin
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Greens
- Squash
- Tomatoes
Total dietary fiber per 1/2 cup serving, 1 – 2 grams
- Cooked dried beans² such as:
brown, kidney, limas, pinto, white
- Lentils²
- Peas²
Total dietary fiber per 1/2 cup serving, 3 – 5 grams

BREADS

CHOOSE

- Whole grain breads such as:
100% wheat, rye, oat or bran
Total dietary fiber 1 – 2 grams (per 1 slice bread)

Health professionals recommend 20-35 grams of dietary fiber a day. Plan to include some of these foods.

FRUITS

CHOOSE

- Fresh fruits such as:
apple², banana, orange², nectarine, strawberries
Total dietary fiber per 1/2 cup serving, 1 – 2 grams
- Fresh pear²
Total dietary fiber per 1/2 cup serving, 3 – 5 grams
- Blackberries, prunes, raisins, figs
Total dietary fiber per 1/2 cup serving, 6 – 9 grams

SNACKS

CHOOSE

- Popcorn¹
Total dietary fiber per 3 cup serving, 1 – 2 grams
- Nuts¹
Total dietary fiber per 1 ounce serving, 1 – 2 grams

HIGH FIBER SAMPLE MEAL PLAN

BREAKFAST

- Banana
- 40% Bran Cereal
- Whole wheat toast
- Margarine
- Low-fat milk

NOON

- Vegetable soup
- Roast beef on whole-wheat bread
- Tossed salad with fat-free dressing
- Fresh apple

EVENING

- Baked chicken
- Corn on the cob
- Steamed broccoli
- Fresh fruit salad
- Wheat roll

SNACK

- Shredded wheat with raisins
- Low-fat milk

¹ Avoid if you have diverticular. Also, avoid sunflower, pumpkin, caraway or sesame seeds.

² Research has indicated these foods may contribute to decreased blood cholesterol levels.