

## High Fiber Diet

The high fiber diet is recommended to help keep the large intestine (colon) functioning normally. Eating a high fiber diet may help prevent diarrhea or constipation. Doctors also recommend this diet for patients with diverticulosis, irritable bowel syndrome and hemorrhoids. This diet should only be followed at the recommendation of your doctor.

### What foods are best to eat and drink for my high fiber diet?

Breads, Cereals and Grains	Choose breads & cereals with 100% whole grain, bran or high fiber on the label. Choose brown or wild rice, whole wheat pasta, barley, oats, and quinoa. <b>Read labels: choose foods with 3 or more grams of dietary fiber per serving.</b>
Vegetables	Eat 1 ½ - 4 cups vegetables daily. Include raw and cooked vegetables (including the skin). Juice is low in fiber.
Fruits	Eat 1 ½ - 2 ½ cups fruit daily. Eat fresh fruit (including the skin) and dried fruits like raisins or prunes. Juice is low in fiber.
Nuts and Dried Beans & Peas	Choose navy, kidney, pinto, lima, garbanzo, lentils, split green peas, black-eyed peas and nuts.

### What else should I know about following this diet?

- Increase fiber slowly over a few weeks. (see list above). Aim for 25-35 grams of fiber daily.
- Work up to the number of servings of foods on the list above.
- Make sure to drink at least 8 cups of liquid every day. Fluid helps your body process fiber.
- Eat slowly and chew your food well.

You can find more information on the fiber content of various foods at:

<https://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/SR25/nutrlist/sr25w291.pdf>

### What should I eat and drink at my meals?

Try these sample menus for ideas:

**Breakfast** - Bran flakes with raisins and milk, orange sections, 100% whole wheat toast/margarine and jam, coffee, cream and sugar, glass of water

**Lunch** - Turkey sandwich on 100% whole wheat bread, tomato and lettuce slices, fresh peach, milk, pudding, glass of water

**Snack** - Raw vegetables and dip

**Dinner** - Grilled lean hamburger on a wheat bun with ketchup/mustard, cooked broccoli, milk and cantaloupe slice, glass of water.

**Snack** – Apple or granola bar and milk or chunky salsa and tortilla chips and soft drink

**Please call the St. Luke's Nutrition Center if you have questions about this diet – 319/369-7440.**