

## **HIGH FIBER DIET**

### **Introduction**

High fiber diets or high residue diets emphasize complex carbohydrates and are low in fat. They are promoted by many health care organizations to decrease the risk and severity of several diseases.

### **Purpose**

Fiber has a therapeutic and preventative role in health and is used to : increase fecal volume and transit time; improve glycemic control in individuals with diabetes; provide satiety for weight reduction; moderate serum lipid profiles in cardiovascular disease; and moderate hypertension.

The foods that are emphasized include fiber-rich whole grain products, legumes, nuts, and seeds, vegetables and fruits. This diet should be individualized according to your appetite and food tolerance.

### **Nutrients Modified**

All nutrients are provided by a High Fiber Diet. A diet with a minimum of 30 grams of dietary fiber per day is considered to be high in fiber (1). The desirable intake for the average individual is between 20 – 35 grams of dietary fiber per day (5).

### **Dietary Guidelines and Food List**

Use the following guidelines to individualize your meal plan:

1. Increase the volume of fiber in your diet gradually, using a variety of food sources. Try to include one fiber – rich food in every meal.
2. Drink plenty of water to help the fiber be more effective and to prevent constipation.
3. Include generous servings of legumes, also known as dry beans and peas. These are high in soluble fiber, high in complex carbohydrates, sources of protein and are also low in fat. Add them to your diet to decrease the gaseous side effects.
4. Increase the intake of whole grain products found in breads and cereals. Avoid those that contain saturated fat.
5. Increase the use of raw and cooked vegetables. Vegetable juices contain very little fiber, so use them sparingly.
6. Increase the number of fruits eaten each day. Rely more on the high fiber fruit than on the low fiber fruit juices.
7. Include nuts and seeds when appropriate. Remember that they are generally high in fat.
8. Respect food intolerances. Identify those foods that are better utilized by your body.

<b>FOOD GROUP</b>	<b>SERVINGS DAILY</b>	<b>FOODS INCLUDED</b>	<b>FOODS EXCLUDED</b>
Milk, Yogurt and Cheese	2 - 3 Servings	As desired all types	None
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 - 3 Servings	All, prepared as desired. Use dried beans and peas and chunky style peanut butter	Raw Eggs
Bread, Cereal, Rice and Pasta	6 -11 Servings	Whole wheat or cracked wheat bread, rye bread, buck wheat, breads made from coarse ground cornmeal, muffins, biscuits or other breads made from flours of whole wheat, bran, rye, buckwheat or coarse cornmeal, cereals such as oatmeal, Ralston, Shredded Wheat, 100% or 40 % bran cereals, unprocessed bran, brown rice	Avoid highly refined breads and cereals such as white bread, rolls, plain muffins, crackers, Cream of Wheat and Cream of Rice, large quantities of refined starches such as noodles, macaroni, spaghetti and white rice
Vegetable	3 - 5 Servings	All raw or cooked; cook vegetables until just done, use white or sweet potatoes with the skin	None
Fruit	2 - 4 Servings	All raw and dried fruit, eat unpeeled whenever possible	Cooked or canned fruits
Fats and Oils	Use Sparingly	All	None
Sweets and Desserts	Use Sparingly	Fruits, fruit pies, whole grain cookies, preserves and jam, whole wheat pastry, carbonated beverages	Refined products such as cakes, pies, rich pastries, candy, ice cream, puddings, sugar, honey and jelly
Miscellaneous	As desired	All, nuts, sunflower seed, other seeds, popcorn, spices, coffee, tea. Drink at least 6-8 cups of liquid per day	None

SAMPLE MENU		
Breakfast	Lunch	Dinner
1 Fresh orange, 1 C Bran cereal, 1 Tbs Raisins, 1/2 C Scrambled eggs, 1 Slice Whole wheat toast, 1 tsp Margarine, 1 C 2% Milk	3 oz Roast Beef and gravy, 1 Baked potato with skin , 1/2 C Broccoli flowers, 1 C tossed salad, 1 Tbs French dressing, 1 Slice Whole wheat bread, 1 tsp Margarine, 1 Fresh Pear, 1 C 2% Milk	3 oz Baked chicken, 1/2 C Brown Rice, 1/2 C String Beans, 1/2 C Coleslaw, 1 Slice whole wheat bread, 1/2 C Banana/Blueberry Mix, 2 Fig Bars, 1 C 2% Milk

APPROXIMATE NUTRITIONAL ANALYSIS			
Protein	110 gm	Thiamin	3.2 mg
Fat	82 gm	Calcium	1395 mg
Carbohydrate	296 gm	Zinc	20.1 mg
Calories	2251 kcal	Phosphorus	2525 mg
Vitamin A	1657 RE	Iron	23.9 mg
Folate	376.1 ug	Sodium	2124 mg
Vitamin C	328.3 mg	Potassium	5140 mg
Niacin	42.0 mg	Dietary Fiber	59.0 mg
Riboflavin	4.7 mg		

The sodium value will vary with the amount of salt added in food preparation.