

High Fiber Diet



Dietary fiber has been shown to be beneficial in the prevention/treatment of constipation, diverticulosis, and hemorrhoids in addition to reducing blood lipids and glucose levels. Rich sources of fiber are fresh fruits and vegetables, whole grains, beans, peas and nuts. Most people need from 20 to 35 grams of fiber/day. It is recommended to slowly introduce fiber into your diet, since consuming too much too soon may cause bloating, gas and/or nausea. Also drink plenty of fluids to aid in digestion of fiber.

Suggestions for adding fiber into your diet:

- Top your high fiber cereal or oatmeal with fruit
- Eat more beans – add to soups, stews and salads
- Snack on fresh or dried fruit, raw vegetables, low fat popcorn and whole grain crackers
- Include slices of tomato and lettuce to sandwiches

Sample Menu

Breakfast	Grams of Fiber
½ c. blueberries	2
1 c. oatmeal	4
1 slice whole wheat toast	2
1 tsp. margarine	0
½ c. milk	0
Beverage	0
Lunch	
1 c. lentil soup	5
3 rye crackers	2
Tuna salad sandwich with Lettuce and tomatoes	4 2
Orange	0
Beverage	0
Dinner	
Roast chicken	0
Medium baked potato	3
½ c peas	5
Tossed salad	2
Beverage	0
Total:	31