

Prepared For:		Date:	
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High-Fiber Nutrition Therapy

Fiber and fluid may help you feel less constipated and bloated and can also help ease diarrhea. Increase fiber slowly over the course of a few weeks. This will keep your symptoms from getting worse.

Tips

Tips for Adding Fiber to Your Eating Plan

- Slowly increase the amount of fiber you eat to 25 to 35 grams per day.
- Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
- Have brown or wild rice instead of white rice or potatoes.
- Enjoy a variety of grains. Good choices include barley, oats, farro, kamut, and quinoa.
- Bake with whole wheat flour. You can use it to replace some white or all-purpose flour in recipes.
- Enjoy baked beans more often! Add dried beans and peas to casseroles or soups.
- Choose fresh fruit and vegetables instead of juices.
- Eat fruits and vegetables with peels or skins on.
- Compare food labels of similar foods to find higher fiber choices. On packaged foods, the amount of fiber per serving is listed on the Nutrition Facts label.
- Check the Nutrition Facts labels and try to choose products with at least 4 g dietary fiber per serving.
- Drink plenty of fluids. Set a goal of at least 8 cups per day. You may need even more fluid as you eat higher amounts of fiber. Fluid helps your body process fiber without discomfort.

Foods Recommended

Foods With at Least 4 g Fiber per Serving

Food Group	Choose
Grains	1/3-1/2 cup high-fiber cereal
Dried beans and peas	1/2 cup cooked red beans, kidney beans, large lima beans, navy beans, pinto beans, white beans, lentils, or black-eyed peas
Vegetables	1 artichoke (cooked)
Fruits	1/2 cup blackberries or raspberries 4 dried prunes

Foods With 1 to 3 g Fiber per Serving

Food Group	Choose
Grains	1 bagel (3.5-inch diameter) 1 slice whole wheat, cracked wheat, pumpernickel, or rye bread 2-inch square cornbread 4 whole wheat crackers 1 bran, blueberry, cornmeal, or English muffin ½ cup cereal with 1-3 g fiber per serving (check dietary fiber on the product's Nutrition Facts label) 2 tablespoons wheat germ or whole wheat flour
Fruits	1 apple (3-inch diameter) or ½ cup applesauce ½ cup apricots (canned) 1 banana ½ cup cherries (canned or fresh) ½ cup cranberries (fresh) 3 dates 2 medium figs (fresh) ½ cup fruit cocktail (canned) ½ grapefruit 1 kiwi fruit 1 orange (2½-inch diameter) 1 peach (fresh) or ½ cup peaches (canned) 1 pear (fresh) or ½ cup pears (canned) 1 plum (2-inch diameter) ¼ cup raisins ½ cup strawberries (fresh) 1 tangerine
Vegetables	½ cup bean sprouts (raw) ½ cup beets (diced, canned) ½ cup broccoli, brussels sprouts, or cabbage (cooked) ½ cup carrots ½ cup cauliflower ½ cup corn ½ cup eggplant ½ cup okra (boiled) ½ cup potatoes (baked or mashed) ½ cup spinach, kale, or turnip greens (cooked) ½ cup squash—winter, summer, or zucchini (cooked) ½ cup sweet potatoes or yams ½ cup tomatoes (canned)
Other	2 tablespoons almonds or peanuts 1 cup popcorn (popped)

High Fiber Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> ½ cup bran cereal 1 banana ½ cup blueberries 1 cup 1% milk
Lunch	<ul style="list-style-type: none"> 2 slices whole wheat bread 2 tablespoons hummus 1 ounce cheddar cheese 1 leaf lettuce 2 slices tomato ½ cup vegetarian baked beans 1 orange 1 cup 1% milk
Evening Meal	<ul style="list-style-type: none"> Stir fry made with: ½ cup tempeh ½ cup brown rice 1 cup frozen broccoli 1 tablespoon soy sauce ¼ cup peanuts 1 pear
Evening Snack	<ul style="list-style-type: none"> 6 ounces fruit yogurt 1 cup air popped popcorn

High Fiber Vegan Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> ½ cup bran cereal 1 banana ½ cup blueberries 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Lunch	<ul style="list-style-type: none"> ½ cup chili with beans with: ½ cup tempeh crumbles ¼ cup crushed whole wheat crackers 1 apple 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Evening Meal	<ul style="list-style-type: none"> 1 veggie burger 1 whole wheat bun 1 leaf lettuce 1 slice tomato Salad made with: 1 cup lettuce 1 cup strawberries ¼ cup chickpeas ½ cucumbers 1 tablespoon italian dressing
Evening Snack	<ul style="list-style-type: none"> ¼ cup almonds 1 cup carrot sticks

High Fiber Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 1/2 cup orange juice, with pulp 1/2 cup raisin bran 1 cup fat-free milk 1 cup coffee
Morning Snack	<ul style="list-style-type: none"> 1 cup plain yogurt 2 cups water
Lunch	<ul style="list-style-type: none"> 1 1/2 cups chili 1/2 cup kidney beans 1/2 cup soy crumble 2 tablespoons shredded cheese 8 whole wheat crackers 1 apple (with skin)
Evening Meal	<ul style="list-style-type: none"> 2 ounces sliced chicken 1/4 cup tofu 2 cups mixed fresh vegetables 1 cup brown rice 1/2 cup strawberries 1 cup hot tea
Evening Snack	<ul style="list-style-type: none"> 2 tablespoons almonds 1 cup hot chocolate

Notes