

# High Fiber Diet

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- The ideal amount of daily fiber intake is 25–35 grams per day. Fiber draws in fluid from your body to add bulk to your stools and can make bowel movements soft or firm.
- Add fiber to your diet slowly. The bacteria in your stomach and small intestines need time to catch up. Adding too much fiber or adding fiber too quickly may cause gas, bloating, cramps and diarrhea. The MBCP recommends adding 5 grams of fiber to your diet every day at two week intervals. Initially there will be an increase in gas production however the gas production will decrease over time.
- Caffeine is a diuretic which pulls fluids from your body and excretes it as urine. Caffeine-free fluids allow more water to stay in your body. This allows the colon to absorb the fluid, making your bowel movements soft. For every 1 cup of caffeinated fluids, the MBCP recommends that you drink 2 glasses of decaffeinated fluids. Constipation may result if fiber rich diet is consumed without enough caffeine-free fluids.
- Most fiber supplements that are tablets only have 0.5 grams of fiber per tablet. Make sure to read the package for proper dosing. Few studies have been completed on the effectiveness of fiber supplements.
- Commonly used fibers to treat constipation include psyllium seed, synthetic cellulose (methyl cellulose), and calcium polycarbophil. Psyllium and methyl cellulose (and probably calcium polycarbophil) do not increase the production of gas; however, they still may result in the sensation of bloating.

## Types of Fiber

	<b>Insoluble Fiber</b>	<b>Soluble Fiber</b>
<b>Recommended Daily Amount</b>	25-30 grams	3 grams
<b>Functions</b>	<ul style="list-style-type: none"> <li>• Move bulk through the intestines</li> <li>• Control and balance the pH (acidity) in the intestines</li> </ul>	<ul style="list-style-type: none"> <li>• Absorb and retain water to form a bulking gel</li> <li>• Bind with fatty acids</li> <li>• Prolong stomach emptying time permitting a better absorption of nutrients</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>• Promote regular bowel movements and prevent constipation.</li> <li>• Bulk up stools that are too loose.</li> <li>• Move toxic waste through colon in less time</li> <li>• Help prevent colon cancer by keeping an optimal pH in intestines to prevent microbes from producing cancerous substances</li> </ul>	<ul style="list-style-type: none"> <li>• Lower total cholesterol and LDL cholesterol (the bad cholesterol) therefore reducing the risk of heart disease</li> <li>• Regulate blood sugar for people with diabetes</li> </ul>

### Examples of Caffeine-free Fluids:

- Water
- Milk
- Fruit and vegetable juices
- Caffeine-free pop
- Caffeine-free coffee/tea
- Flavored water
- Vitamin water, excluding Tropical Citrus Energy flavor

**Amount of Fiber in Common Foods:**

<b>Beans</b>	<b>Serving</b>	<b>Fiber</b>
Black-eyed Peas	½ cup	2.92
Brown Peas	½ cup	8.43
Green/String Beans	½ cup	2.23
Kidney Beans	½ cup	6.43
Lentils	½ cup	6.00
Lima Beans	½ cup	4.50
Navy Beans	½ cup	8.57
Northern Beans	½ cup	8.57
Pinto Beans	½ cup	8.48
Red Beans	½ cup	8.48
Wax/Yellow Beans	½ cup	1.62
White Beans	½ cup	8.57

<b>Breads/Grains (check package)</b>	<b>Serving</b>	<b>Fiber</b>
Bagel (most bagels)	1	1.5
Barley	½ cup	8.26
Black Bread	1 slice	1.72
Bran Bread	1 slice	2.09
Cornbread	1 med. Piece	1.60
Cornmeal	½ cup	5.17
Cracked Wheat	1 slice	1.66
English Muffin, Thomas	1	1.5
Flour:		
-Buckwheat	½ cup	3.14
-Rye	½ cup	5.22
-White	½ cup	2.01
-Whole Wheat	½ cup	5.34
French Bread	1 slice	0.5
Graham Crackers	1 square	0.24
Italian, Bakery Light	1 slice	2.5
Multigrain Bread	1 slice	1.51

Pancakes	1 slice	1.5
Pita, white	1 slice	1.0
Pumpernickel Bread	1 slice	1.72
Rye Bread	1 slice	0.40
Saltines	1 reg.	0.12
Seven Grain Bread, Bran'ola	1 slice	3.0
Wheat Bread, Bakery Light	1 slice	3.0
Wheat Germ	3 tbsp.	3.9
White Bread	1 slice	1.66
Whole Wheat Bread	1 slice	2.0

<b>Cereals</b>	<b>Serving</b>	<b>Fiber (grams)</b>
All Bran	1 cup	1.0
Alpha-Bits	1/3 cup	4.0
Banana Nut Crunch	1/3 cup	13.0
Bran Buds, Kellogg's	1 cup	3.0
Cheerios	1 ounce	0.51
Corn Flakes, Kellogg's	3/4 cup	0.0
Corn Pops	1 pack	5.6
Cracklin' Oat Bran, Kellogg's	1 packet 1/2 cup	1.0 13.0
Cream of Wheat	5 biscuits	5.0
Fiber One, General Mills	1 ounce	1.5
Frosted Mini-Wheats	1 cup	2.0
Granola	1 pack	3.0
Honey Nut Cheerios, G'Mills	1 cup 1 cup	6.0 2.0
Instant Oatmeal	1/2 cup	7.0
Kashi 7 Whole Grains Flakes	1 cup 1 cup	8.0 10.0
Kashi 7 Whole Grains	3/4 cup	5.0
Honey Puffs	1 cup	3.0
Kashi 7 Whole Grains	1 ounce	1.98
Nuggets	1 ounce	0.26

Kashi GoLean Crunch!	1 ounce	0.26
Kashi GoLean Original	3 biscuits	1.14
Kashi Heart to Heart	1 ounce	7.3
Multi-Grain Cheerios	$\frac{3}{4}$ cup	3.0
Oat Bran, cooked	1 ounce	2.83
Oat Flakes	1 ounce	4.05
Post Shredded Wheat	2 biscuits	6.0
Quaker Shredded Wheat	3 biscuits	7.0
Raisin Bran, Kellogg's	1 cup	7.0
<b>Fruits</b>	<b>Serving</b>	<b>Fiber (grams)</b>
Apple with skin	1 medium	3.7
Apple without skin	1 medium	2.4
Applesauce	$\frac{1}{2}$ cup	2.0
Apricots	3 medium	2.5
Avocado	1 cup	7.3
Banana	1 medium	2.7
Blackberries	1 cup	7.6
Blueberries (raw)	1 cup	4.0
Boysenberries	1 cup	7.2
Cantaloupe	1 cup pieces	1.3
Cherries	10 cherries	1.3
Fruit salad/cup	$\frac{1}{2}$ cup	1.3
Grapefruit	$\frac{1}{2}$ medium	1.3
Grapes	1 cup	1.2
Honeydew Melon	1 cup pieces	1.0
Mandarin oranges	$\frac{1}{2}$ cup	1.0
Mango	1 cup	3.0
Nectarine	1 medium	2.2
Orange	1 medium	3.0
Papaya	1 medium	5.5
Peach	1 medium	1.7
Pear	1 medium	4.0
Pineapple	1 cup pieces	2.0
Plum	1 medium	1.0
Prunes (dried)	10 prunes	6.0

Raisins (seedless)	2/3 cup	4.0
Raspberries	1 cup	8.4
Strawberries	1 cup	3.4
Tangerine	1 medium	2.0
Watermelon	1 cup pieces	0.8
<b>Vegetables</b>	<b>Serving</b>	<b>Fiber (grams)</b>
Artichoke, boiled	1 medium	6.2
Asparagus, boiled	½ cup, 6 spears	1.4
Baked Beans	1 cup	14.0
Beets, boiled	1 cup	3.4
Broccoli, boiled	½ cup	2.3
Brussels Sprouts, boiled	½ cup	2.0
Carrots	1 medium	2.0
Cauliflower, boiled	½ cup	1.7
Celery	1 stalk (7 inches)	0.7
Coleslaw	½ cup	1.0
Corn on the cob	1 ear	2.0
Cucumber	½ cup of slices	0.5
Eggplant, boiled	½ cup	1.0
Green beans, boiled	½ cup	2.0
Lima Beans, boiled	1 cup	13.2
Lettuce	½ cup of pieces	0.5
Mushrooms	½ cup of pieces	0.4
Onions, boiled	½ cup	1.0
Peas, Green	½ cup	4.0
Pinto Beans, boiled	1 cup	14.7
Potato, baked with skin	1 medium	5.0
Potato, boiled	1 medium	2.0
Potato salad	½ cup	1.6
Pumpkin, canned	½ cup	5.0
Rutabaga	1 cup	3.0
Spinach, boiled	½ cup	2.2
Spinach, raw	½ cup	0.8
Squash, winter	½ cup	3.0
Sweet Potato, baked	1 medium	3.0
Tomato, raw	1 medium	1.0

Turnip greens, cooked	1 cup	5.0
Zucchini	½ cup	2.34
<b>Breads/Grains (check package)</b>	<b>Serving</b>	<b>Fiber (grams)</b>
Bagel (most bagels)	1	1.5
English Muffin, Thomas	1	1.5
French Bread	1 slice	0.5
Italian, Bakery Light	1 slice	2.5
Pancakes	1 slice	1.5
Pita, white	1 16" diameter	1.0
Seven grain, Bran'ola	1 slice	3.0
Wheat, Bakery Light	1 slice	2.5
Whole Wheat	1 slice	2.0
<b>Pasta</b>	<b>Serving</b>	<b>Fiber (grams)</b>
Elbow Macaroni, Golden	½ cup	2.0
Grain	1 cup	1.8
Macaroni	1 cup	4.0
Macaroni, whole wheat	1 cup	6.3
Spaghetti, whole wheat	1 cup	3.5
Brown Rice, long	1 cup	1.0
White rice	2 ounces	1.27
Egg Noodles	2 ounces	7.0
Ronzoni Smart Taste Pasta	2 ounces	7.0
<b>Nuts and Seeds</b>	<b>Serving</b>	<b>Fiber (grams)</b>
Almonds	10 nuts	1.1
Brazil nuts	8 nuts	2.1
Cashews	18 nuts	1.1
Flaxseeds	1 tbsp.	3.3
Peanuts	10 nuts	1.4
Peanut butter	1 tbsp.	1.5
Pecans	10 nuts	2.7
Pistachios	50 nuts	2.9
Sunflower seeds	1 tbsp.	0.5
Walnuts	7 nuts	1.9

<b>Snacks</b>	<b>Serving</b>	<b>Fiber (grams)</b>
Kashi TLC Cookies	1 cookie	4 g
Kashi GoLean Chewy Bars	1 bar	6 g
Kashi GoLean Crunchy! Bars	1 bar	5 g
Kashi GoLean Roll! Bars	1 bar	6 g
Kashi TLC Cereal Bars	1 bar	3 g
Kashi TLC Chewy Granola Bars	1 bar	4 g
Kashi TLC Crunchy Granola Bars	2 bars	4 g
Quaker Breakfast Cookies	1 cookie	5 g
Quaker Chewy Bars	1 bar	1 g
Quaker Fiber & Omega-3 bars	1 bar	9 g
Quaker Oatmeal to go High Fiber	1 bar	10 g
Fiber One Bar	1 bar	9 g
Fiber One Yogurt	1 container	5 g
Kellogg FiberPlus Bars	1 bar	9 g
LUNA Bars	1 bar	3 g

## **Foods Containing**

### **Soluble Fiber:**

- Rice
- Pasta and noodles
- Oatmeal
- Barley
- Fresh white breads  
such as french or  
sourdough
- Rice cereals
- Flour tortillas
- Soy
- Potatoes
- Carrots
- Yams
- Sweet potatoes
- Turnips
- Rutabagas
- Parsnips
- Beets
- Squash and  
pumpkins
- Mushrooms
- Chestnuts
- Avocados
- Bananas
- Applesauce
- Mangoes
- Papayas

## Fiber Products

<b>Brand</b>	<b>Type (serving size)</b>	<b>Amount of Fiber</b>	<b>Price</b>
<b>Acacia Fiber</b>	Powder (1 tsp.)	2 g	\$16.99
<b>Benefiber</b> (wheat dextrin)	Powder (2 tsp.) (types- regular or with B vitamins)	3 g (3 g soluble)	\$7.99
	Caplets (3)	3 g (3 g soluble)	\$11.99
	Chewable (3)	3 g (3 g soluble)	\$11.99
<b>Citrucel</b> (methylcellulose)	Caplets (3)	2 g (2 g soluble)	\$9.60
	Chewable (3)	2 g (2 g soluble)	\$9.69
	Caplets (1)	0.5 g (0.5 g soluble)	\$14.32
<b>Equalactin</b> (calcium polycarbophil)	Tablets (2)	0.625 g	\$8.49
<b>FiberChoice</b> (inulin)	Chewable tablets (2)	4 g	\$14.99
<b>FiberCon</b> (calcium polycarbophil)	Caplet (1)	0.5 g (0.5 g soluble)	\$13.79
<b>Hydrocil</b> (psyllium)	Powder (1 tsp.)	3 g	\$13.99
<b>Konsyl</b> (psyllium)	Powder (1 tsp./6 g)	5 g (3 g soluble)	\$15.99
<b>Metamucil</b> (psyllium)	Powder (1 tsp./12 g) (Gluten-free)	3 g (2 g soluble)	\$8.59
	Wafers (2)	6 g (3 g soluble)	\$5.49
	Capsules (6) (Gluten-free)	3 g (0.33 g soluble)	\$12.51
<b>Metamucil Clear &amp; Natural (Fibersure)</b> (inulin)	Powder (1 tsp.)	5 g (5 g soluble)	\$8.99
<b>VitaFusion</b>	Fiber Gummies (2 gummies)	5 g (5 g soluble)	\$13.99

**Helpful Hints:**

- Try a variety of brands or different forms of the same brand until you find the supplement that works for you.
- Avoid sugar-free supplements that contain artificial sweeteners as these can increase gas and bloating.

**Psyllium**

Psyllium found in fiber supplements is derived from the seeds of the Psyllium plant. The seeds expand and become gel-like when exposed to water in the body and add bulk to the stool to relieve either constipation or diarrhea. Psyllium is the most commonly found active ingredient in fiber products. Some individuals find it to cause excessive gas and bloating.

**Methylcellulose**

Methylcellulose found in fiber supplements is a synthetic product derived from cellulose. Methylcellulose is not broken down and digested in the intestines, but rather absorbs water and becomes gel-like to add bulk to the stool. Because methylcellulose does not ferment, it may cause less gas and bloating in some individuals.

**Calcium Polycarbophil**

Calcium Polycarbophil is a synthetic, bulk-forming fiber. It passes through the intestines undigested and absorbs water to add bulk to the stool, relieving either constipation or diarrhea.

**Wheat Dextrin**

Wheat Dextrin is a fiber derived from wheat starch. It expands and forms a gelatinous substance when exposed to water thus adding bulk to stool. Wheat dextrin may cause less gas and bloating than other fiber supplements in some individuals.

**Inulin**

Inulin is a compound produced by many plants and is composed mainly of fructose. Inulin is a prebiotic and, like other fiber supplements, it adds bulk to the stool to relieve constipation or diarrhea, but it may cause excessive gas and bloating in some individuals.

**Acacia Fiber**

Acacia Fiber is derived from the gum of the acacia tree. In addition to being a fiber supplement, it is also a prebiotic which promotes the growth of healthy bacteria in the gut for digestion. Acacia fiber adds bulk to the stool and does not cause excessive gas and bloating.

### **Gluten-free Fiber Supplements**

- Citrucel
- Fibercon
- Konsyl
- Metamucil powder and capsules (not wafers)
- Acacia fiber

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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