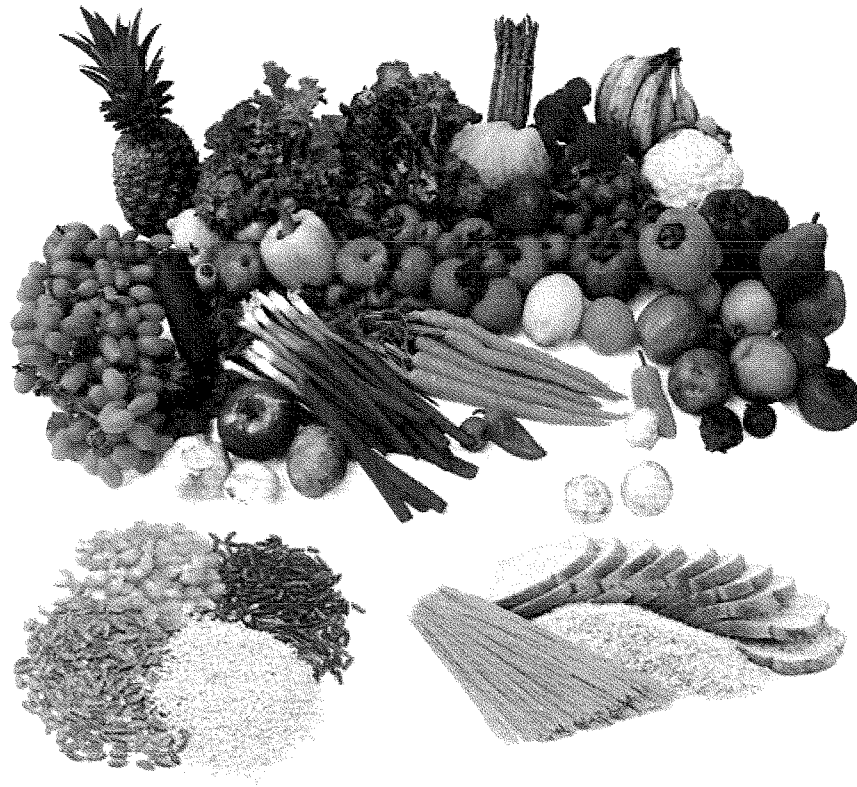


CENTER FOR DIGESTIVE DISEASES
AND CARY ENDOSCOPY
1120 SE CARY PARKWAY STE 204
CARY, NC 27518

HIGH FIBER DIET



EAT MORE FIBER. You've probably heard it before . But do you know why fiber is so good for your health?

Dietary fiber – found mainly in fruits, vegetables, whole grains and legumes – is probably best known for it's ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes and heart disease.

Selecting tasty foods that provide fiber isn't difficult. Find out how much you need, what foods that contain it and how to add them to meals and snacks.

WHAT IS DIETARY FIBER?

Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates – which your body breaks down and absorbs – fiber isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine, colon and out of your body.

Fiber is commonly classified as soluble (it dissolves in water) or insoluble (it doesn't dissolve).

- **Soluble fiber** – this fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. It is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.
- **Insoluble fiber** – this fiber promotes the movement of material through your digestive system and increases stool bulk., so it can be of benefit to those who struggle with constipation or irregular stools. Whole wheat flour, wheat bran, nuts, beans and vegetables such as cauliflower, green beans and potatoes, are a good source of insoluble fiber.

BENEFITS OF HIGH FIBER DIET

- Normalizes bowel movements. Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may also help to solidify the stool because it absorbs water and adds bulk to stool.
- Helps maintain bowel health. A high fiber diet may help lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease).
- Lowers cholesterol levels. Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low density lipoprotein, or “bad” cholesterol levels. Studies have shown it may have other heart -health benefits , such as reducing blood pressure and inflammation.
- Helps control blood sugar levels. In people with diabetes, fiber – particularly soluble fiber- can slow absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing type II diabetes.
- Aids in achieving healthy weight . High fiber foods generally require more chewing time, which provides your body time to register when you're no longer hungry, so you're less likely to overeat. Also, a high fiber tends to make a meal feel larger and linger longer, so you stay full for a greater amount of time. High fiber diets tend to be less “energy dense”, which means they have fewer calories for the same volume of food.
- Another benefit attributed to dietary fiber is prevention of colorectal cancer. However, the evidence that fiber reduces colorectal cancer is mixed.

HOW MUCH FIBER DO YOU NEED?

Institute of Medicine , provides science based advice on matters of medicine health, gives the following daily recommendations for adults:

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

BEST FIBER CHOICES

- whole grain products
- fruits
- vegetables
- beans, peas, legumes
- nuts, seeds

Refined or processed foods – such as canned fruits and vegetables, pulp free juices, white breads and pastas, non-whole-grain cereals – are lower in fiber. Removing skin from fruits and vegetables decreases their fiber content.

FIBER SUPPLEMENTS

Fiber supplements- such as Metamucil , Citrucel, FiberCon – don't provide the variety of fibers, vitamins , minerals and other beneficial nutrients that foods do.

However, some people may need a supplement if dietary changes aren't sufficient or if they have medical conditions, such as, constipation, diarrhea, or irritable bowel syndrome. Check with your doctor to see if you need fiber supplement.

References

1998-2013 Mayo Clinic Foundation for Medical Education and Research.
Original article: <http://www.mayoclinic.com/health/fiber/NU00033>

CHART OF HIGH FIBER FOODS

Here is a look at some fiber content of some common foods.
Read nutrition labels to find out how much fiber is in your favorite foods.
Women should try to eat 21-25 grams of fiber a day,
while men should aim for 30-38 grams a day.

Fruit	serving size	fiber (gram)
Apple w/skin	1	4.4
Apple without skin	1	2.7
Apricot	3	1.8
Apricot dried	5 halves	1.4
Banana	1	3.1
Blueberries	$\frac{1}{2}$ cup	2.0
Cantaloupe	$\frac{1}{4}$ melon	1.0
Cherries, sweet	10	1.2
Grapefruit	$\frac{1}{2}$	1.6
Grapes	20	0.6
Orange	1	3.1
Peach w/skin	1	1.9
Peach without skin	1	1.2
Pear w/skin	1 med	5.5
Pineapple	$\frac{1}{2}$ cup	1.1

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Prunes	3	3.0
Raisins	$\frac{1}{4}$ cup	3.1
Raspberries	1 cup	8.0
Strawberries	1 cup	3.0
Raisins	$\frac{1}{4}$ cup	3.1
Raspberries	1 cup	8.0
Watermelon	1 cup	0.4

Legumes	serving size	fiber(gram)
Baked beans/tomato sauce	$\frac{1}{2}$ cup	8.9
Dried beans, cooked	$\frac{1}{2}$ cup	4.7
Kidney beans , cooked	$\frac{1}{2}$ cup	7.3
Lentils, cooked	$\frac{1}{2}$ cup	7.3
Lima beans , cooked	$\frac{1}{2}$ cup	6.0
Navy beans , cooked	$\frac{1}{2}$ cup	6.0

Pasta and rice	serving size	fiber (gram)
Macaroni	1 cup	1.0
Rice, brown	$\frac{1}{2}$ cup	1.0
Rice, polished	$\frac{1}{2}$ cup	0.2
Spaghetti , regular	1 cup	1.1
Spaghetti , wheat	1 cup	3.9

Breads	serving size	fiber(grams)
Bagels	1	0.6
Bran muffins	1	2.5
Crisp rye bread	2 crackers	2.0
Crisp wheat bread	2 crackers	1.8
French bread	1 slice	0.7
Italian bread	1 slice	0.3
Mixed grain bread	1 slice	0.9
Oatmeal bread	1 slice	0.5
Pita bread	1 piece	0.4
Pumpernickel bread	1 slice	1.0
Raisin bread	1 slice	0.6
White bread	1 slice	0.4
Whole wheat bread	1 slice	1.4

Juices	serving size	fiber(gram)
Apple	$\frac{1}{2}$ cup	0.4
Grapefruit	$\frac{1}{2}$ cup	0.5
Grape	$\frac{1}{2}$ cup	0.6
Orange	$\frac{1}{2}$ cup	0.5
Papaya	$\frac{1}{2}$ cup	0.8

Nuts	serving size	fiber (gram)
Almonds	10 nuts	1.1
Pecans	10 nuts	2.7
Peanuts	10 nuts	1.4

Vegetables	serving size	fiber (gram)
Asparagus	$\frac{1}{2}$ cup	1.0
Artichoke	1 medium	10.3
Beans, string	$\frac{1}{2}$ cup	1.6
Broccoli	1 cup	5.1
Brussel sprouts	1 cup	4.1
Carrots	$\frac{1}{2}$ cup	2.3
Cauliflower	$\frac{1}{2}$ cup	1.1
Corn, canned	$\frac{1}{2}$ cup	2.9
Kale leaves	$\frac{1}{2}$ cup	1.4
Peas	1 cup	8.8
Potato	1	2.5
Spinach	$\frac{1}{2}$ cup	2.1
Squash , summer	$\frac{1}{2}$ cup	1.4
Sweet potato	$\frac{1}{2}$	1.7
Zucchini	$\frac{1}{2}$ cup	1.8

Raw vegetables	serving size	fiber (grams)
Celery	$\frac{1}{2}$ cup	1.1
Cucumber	$\frac{1}{2}$ cup	0.4
Lettuce	1 cup	0.9
Mushrooms	$\frac{1}{2}$ cup	0.9
Onions	$\frac{1}{2}$ cup	0.9
Pepper, green	$\frac{1}{2}$ cup	0.5
Tomato	1	1.5