

## High Fiber Diet

**Indications:** This diet is used in the treatment of diverticular disease of the colon, atonic constipation, and the irritable colon syndrome. It may also be prescribed or suggested to reduce risk of bowel cancer, heart disease and other health problems.

**Description:** This diet consists of foods high in "dietary fiber" Dietary fiber is defined as the residue from plant cell walls not subject to hydrolysis by digestive enzymes and includes cellulose, other matrix polysaccharides (hemi-cellulose), and lignin. The substitution of "bulk foods for highly refined foods to an otherwise regular menu pattern is the basis for this diet.

**Adequacy:** The diet is nutritionally adequate and meets the minimum daily requirements for all nutrients suggested by the National Research Council.

Foods to Be Included Daily to Increase Fiber Intake	
<b>Breads</b>	Utilize whole grain breads such as 100 % whole wheat, sprouted wheat, mixed grain bread, bread containing bran, etc., rather than refined white bread. Whole wheat crackers
<b>Cereals</b>	Include whole grain cereals such as 4 or 7 grain cooked cereal, bran cereal, shredded wheat, granola, etc. 1-2 tablespoons of unprocessed bran may be added to a refined cereal to increase fiber. Oats have additional benefits in lowering cholesterol naturally
<b>Fruits</b>	1 to 2 portions of fresh fruits are recommended daily
<b>Vegetables</b>	4 to 6 portions of fresh raw or lightly steamed vegetables such as salads, stemed string beans or a relish or salsa plate as well as cooked vegetables
<b>Misc.</b>	Other foods providing fiber are nuts, popcorn, dried beans, peas, seeds, coconut meat

### Sample Menu

#### Breakfast

Grapefruit  
1 egg  
Bran cereal with  
Sliced Bacon  
Milk  
1 slice whole  
wheat toast  
Margarine-Jelly

#### Lunch

Chef's Salad  
Dressing  
Whole Wheat Roll  
Margarine  
Apple  
Milk

#### Dinner

Roast Beef  
Baked Potato with Margarine  
Green Dinner Salad with Dressing  
Cooked Carrots  
Whole Wheat Bread  
Margarine  
Fresh Fruit Cup  
Coffee, Tea

The next page contains a list of fiber in selected foods taken from: Composition of Foods--Raw, Processed, Prepared. Washington, D.C.: U.S. Dept. Agr., Agr. Handbook No. 8, 1963, pp 6-67

The following abbreviations are used: \*= Solids and liquids; + = Cooked

## Fiber Content of Selected Foods

Food	Fiber gm/100 gm food	Food	Fiber gm/100 gm food
Apple, not pared	1.0	Ham +	---
pared	0.6	Ice Cream	0
Applesauce, canned	0.5	Lettuce, Iceberg	0.5
Apricots*, canned	0.4	Macaroni+	0.1
Asparagus*, frozen	0.8	Margarine	0
Banana	0.5	Milk	0
Beans:		Muffin:	
Pork & tomato	1.4	Plain	0.1
sauce, canned		Bran	1.8
Red, canned	0.9	Oats, rolled+	0.2
Beans, snap:		Orange	0.5
Green, fresh or frozen	1.0	Orange juice	0.1
Canned*	0.6	Parsnips+	2.0
Beef, ground, lean	0	Peaches*, canned	0.4
Bran, added sugar	7.8	Peanuts, roasted	2.4
Bran Flakes, 40%	3.6	Peanut butter	1.8
Bran Flakes with raisins	3.0	Peas+, canned	1.5
Bread:		Peppers, raw	1.4
Cracked wheat	0.5	Pickles; dill	0.5
White	0.2	Pie, apple	0.4
Whole Wheat	1.6	Pineapple*, canned	0.3
Broccoli, frozen+	1.1	Pizza+, frozen	0.3
Carrots, raw or cooked	1.0	Pork Chop	0
Celery, raw	0.6	Potatoes:	
Cheese, cottage	0	Baked	0.6
Chicken*, fryer drumstick	0	French fried	1.0
Cod*	0	Prunes+, dried	0.7
Coleslaw	0.7	Sauerkraut*+, canned	0.7
Cookies:		Shrimp	0
Assorted, packaged 0.1		Spinach+	0.6
Fig bars	1.7	Squash:	
Macaroons	2.1	Summer variety+	0.6
Oatmeal with raisins	0.4	Winter variety+	1.8
Corn*, canned	0.6	Sweet Potatoes, baked	0.9
ear+	0.7	Tomatoes:	
Corn Flakes	0.7	raw	0.5
Crackers:		canned*	0.4
Graham	1.1	juice	0.2
Saltine	0.4	Walnuts, english	2.1
Soda	0.2	Wheat flour:	
Cream	0	White	0.3
Custard, baked	0	Whole wheat	2.3
Eggs	0	Wheat germ	2.5
Fish cakes	---	Wheat flakes	1.6
Fruit Cocktail, canned	0.4	Wheat, puffed	2.0
Grapefruit, raw	0.2	Wheat, shredded	1.6
Grapes	0.6	White Sauce	trace
Grape Juice	trace	Yogurt	0
Haddock +	0		