

Fiber Information Sheet

Your doctor has recommended that you follow a high fiber diet. The addition of fiber to your diet can make an enormous difference in your bowel control and regularity. Fiber helps people whether they lose stool or have trouble with constipation. Fiber works by bulking the stool and keeping it formed, yet making the movement soft and easy to pass. Fiber helps keep moisture within the stool so that neither diarrhea or hard stools occur. Fiber makes the bowels work more regularly, but it is not a laxative. An additional bonus from eating a high fiber diet is that your risk of cancer is reduced, too.

Most of us eat some high fiber foods already, but nearly all of us do not eat the necessary amount. For example, a slice of whole wheat bread contains only about 10% of the daily recommended amount of fiber. This means if you are relying on only whole wheat bread to meet the recommended fiber requirements, you would need to eat between 10-18 slices of bread every day! Please note that fiber is NOT in any meat or dairy product. It is only found in grains, vegetables, and fruits. The recommended daily fiber intake is 20 to 35 grams. Foods having high fiber content include:

All Bran with Extra Fiber, 1/2 cup	15.0 g (begin with 1/4 c per day, work up slowly)
Fiber One Cereal, 1/2 cup	13.0 g (begin with 1/4 c per day, work up slowly)
Bran Buds, 1/3 cup	13.0 g (begin with 1/4 c per day, work up slowly)
Pinto beans, 3/4 cup	10.4 g
Wheat Bran Cereal, 1 oz	10.0 g
Kidney beans, 3/4 cup	9.3 g
Raisin Bran, 1 cup	8.0 g
All Bran Cereal, 1/2 cup	6.0 g
Oat Bran Cereal, hot, 1 oz	4.0 g
Banana, 1 medium	3.8 g
Canned pears, 1/2 cup	3.7 g
3 prunes or 1/4 cup raisins	3.5 g
Whole Wheat Total, 1 cup	3.0 g
Carrots, 1/2 cup	3.2 g
Apple, small	2.8 g
Broccoli, 1/2 cup	2.8 g
Cauliflower, 1/2 cup	2.6 g
Oatmeal, 1 oz	2.5 g
Whole Wheat Toast	2.0 g
Cheerios, 1 1/3 cup	2.0 g
Baked potato with skin	2.0 g
Corn, 1/2 cup	1.9 g
Popcorn, 3 cups	1.9 g
Orange, medium	1.9 g
Granola bar	1.0 g
Lettuce, 1/2 cup	0.9 g

If you don't think that you can get enough fiber through your everyday diet, there are many good fiber supplements that you can take along with eating your high fiber diet. Some of these are:

Metamucil (1 heaping teaspoon or 1-2 wafers), Citrucel (1 tablespoon), Fiberall (1-2 wafers or 1 teaspoon), Perdiem (2 rounded teaspoons) and unprocessed bran, 1-2 teaspoons (mix with food).

You may need to use the fiber supplement up to 3-4 times daily to produce normal elimination. Please follow specific package directions or call us for help in regulating the dose. You may notice some bloating and/or increased gas at first. These symptoms can be relieved by adding fiber to your diet slowly. Once your body gets used to this increased fiber, these symptoms will go away.