

# HIGH FIBER DIET

**INDICATIONS FOR USE:** This diet may be used in the treatment of constipation and diverticulosis.

**DESCRIPTION:** Fiber is added to the regular diet with the addition of foods such as raw fruits and vegetables, whole grain cereal products. This diet should also include 8 to 12 glasses of fluid to assist elimination.

**ADEQUACY:** This diet meets the Recommended Dietary Allowances.

CATEGORY	ALLOWANCE	FOODS ALLOWED	FOODS TO AVOID
Milk	2 cups or more	All	None
Other beverages	8 glasses or more, 5 of which should be water	3 cups daily may include coffee, tea, decaffeinated coffee, cereal beverages, carbonated beverages, fruit juices (any kind). Any other beverages as desired.	None
Breads and cereals	4 servings or more	All. Include whole wheat and whole grain breads, crackers (i.e. Rye Krisp), bran type cereals such as unprocessed bran (concentrated) 100% bran, shredded wheat, oatmeal. Also may include wheat germ, wild rice, buckwheat, oatmeal millet, rice and bran in cooking.	Minimize use of white bread, sour dough bread, French bread, English muffins, soda crackers, cooked cereals such as farina, cream of wheat, refined cereals such as rice krispies, puffed rice and other rice and corn cereals.
Meats, fish, poultry, cheese and eggs	6-8 ozs. meats 1-2 eggs	May have any meats, cheese, fish or poultry desired. Higher fiber may be obtained by using meat substitutes such as legumes, nuts and seeds.	None
Vegetables	1 serving dark green or yellow vegetables 3-4 servings of others	All. Emphasize use of cauliflower, carrots, lettuce, spinach, tomatoes, radishes, mushrooms, and cabbage. Steamed vegetables in small amounts of water. Also emphasize use of raw vegetables in salads and relishes.	Minimize use of cooked vegetables.
Soups	If desired	All soups. Emphasize use of soups with vegetables or legumes.	None
Fats	If desired	May use in moderation	None
Desserts	If desired	Bran muffins or cookies, oatmeal cookies or cakes.	Minimize use of items with high sugar and fat content, i.e. candies, syrups, plain cookies and cakes.
Miscellaneous	If desired	* Nuts, popcorn, chunky peanut butter	None

\* If diverticuli present, no nuts, popcorn or seeds

## **HIGH FIBER DIET SAMPLE MENU**

### **Breakfast**

1 fresh orange  
¾ cup 100% bran  
1-2 slices whole wheat bread  
1 or 2 eggs  
Bacon, margarine, butter  
Cream, sugar, salt, pepper (if desired)  
Coffee or tea

### **Lunch or Dinner**

1 serving soup, if desired  
1 serving (2-3 oz.) meat, fish, poultry or cheese  
1 serving potato  
1 serving broccoli  
1 serving raw vegetable salad  
1 serving fresh fruit  
Coffee or tea  
1 cup milk

### **Snacks**

Fresh or dried fruit  
Nuts  
Raw vegetable relishes  
Additional juices