

High Fiber Diet

Fiber is found in some fruits, vegetables, and grains. Fiber helps make bowel movements softer and more regular. Adding fiber to your diet and help with problems including constipation, hemorrhoids, and diarrhea. Most fiber passes through your body without being digested. Fiber can affect how you digest other foods, and it can improve your bowel movements. There are two kinds of fiber:

- **Soluble Fiber:** found in some fruits and vegetables, oats, barley, beans, peas, and psyllium (a common fiber supplement). Soluble fiber attracts water and turns to gel during digestion, which will help with both diarrhea and constipation.
- **Insoluble Fiber:** found in wheat, rye, and other grains. Insoluble fiber does not dissolve in water and adds bulk to the stool, helping to keep bowel movements regular.

The amount of fiber recommended in your diet is **20-35 grams per day**.

- To make sure you are getting enough fiber, eat plenty of fruits, vegetables, and grains that contain fiber.
- You can also add in fiber supplements daily to help achieve daily fiber recommendations.
 - Supplements include:
 - **Metamucil**, 2 capsules twice a day
 - **Citrucel**
 - **FiberCon**
 - **Benefiber**

Side-effects of Fiber:

- When you start eating more fiber, it may take time for your body to adjust. You may experience abdominal bloating, gas, and/or abdominal cramping. To avoid fiber side-effects, it is recommended to slowly increase fiber to the recommend 20-35 grams per day and drinking adequate water.

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AT BARNES-JEWISH ST. PETERS

Food	Serving	Total fiber (grams)
Split peas, cooked	1 cup	16.3
Lima beans, cooked	1 cup	13.2
Artichoke, cooked	1 medium	10.3
Raspberries	1 cup	8.0
Bran flakes	3/4 cup	5.3
Broccoli, boiled	1 cup	5.1
Sweet corn, cooked	1 cup	4.0
Oatmeal, cooked	1 cup	4.0
Popcorn	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Almonds	23 nuts	3.5
Orange	1 medium	3.1
Strawberries	1 cup	3.0
Pistachio	49 nuts	2.9
Rye bread	1 slice	1.9
Wholewheat bread	1 slice	1.9

Fiber Nutrition Label Example:

Nutrition Facts	
1 serving per container	
Serving size 1 Can (355 mL)	
Amount per serving	
Calories 50	
<small>% Daily Value*</small>	
Total Fat 0g	0%
Sodium 35mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 0g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, vitamin A, vitamin D, calcium and iron.</small>	

Kenneth A. Hacker, MD, FACS • Laurel A. Yeager, MD, FACS • Jennifer L. Etling, MD, FACS • Jerad P. Miller, MD, FACS, FASCRS • Kurt Piening Jr, MD, FACS • Melissa Franke, FNP-C

70 Jungermann Circle, Suite 405 • St. Peters, MO 63376

636.916.7100 main • 833-660-3186 exchange • 636.916.7110 fax • www.benrussurgical.com • www.bjsph.org/Benrus