

# High Fiber Diet

A high fiber diet is based on the basic food groups with a greater emphasis on fiber rich foods such as fruits, legumes (beans), vegetables, whole-grain breads, and high-fiber cereals.

**Dietary fiber:** this is a component found in foods that cannot be digested by the intestinal tract. Adequate fluid intake is important when following a high fiber diet due to the water capacity of fiber. Fiber should be increased in the diet slowly to avoid potential side effects of gas, bloating and cramps. Dietary fiber can be divided into two separate categories: Water insoluble and Water soluble fiber.

*Water Insoluble Fiber:* these are components such as cellulose that remain essentially unchanged during digestion. Food containing this type of fiber include: fruits, vegetables, cereals, and whole grain products.

*Water Soluble Fiber:* these are components such as pectin that does dissolve in water and is found in oats, beans, barley and some fruits and vegetables.

## EXAMPLE OF A HIGH FIBER MEAL PLAN

<b>Breakfast</b>	1 cup water, 1 bran muffin, 1 cup milk, 3/4 cup oatmeal, 1 orange
<b>Lunch</b>	2 slices pumpernickel bread, 2 oz. turkey w/sprouts and tomato, 1 apple, 1 cup yogurt w/fruit, 2 Fig Newtons™, 1 cup iced tea
<b>Dinner</b>	1 chicken breast, 1 cup brown rice, 1/2 cup broccoli, 1 serving carrot salad, 1 whole wheat dinner roll, 1 cup herbal tea
<b>Snacks</b>	3 cups popcorn, 1 cup lemonade, 4 graham crackers, 1 cup milk

## Dietary Fiber Content of Common Foods

Grain Products	Amount	Dietary Fiber (g)	Calories
Bagels (Cinnamon Raisin, Plain, Blueberry, Egg)	1 whole bagel	2.0	280
English Muffin, Whole Wheat	1 whole	4.4	134
Roll, Whole Wheat	1 roll	1.6	101
Popcorn, air-popped, no butter	3 cups	4.5	115
Bran Muffins	1 muffin	0.0 - 4.0	104
Bread, French	1 slice	0.6	81
Bread, Oatmeal	1 slice	0.6	71
Bread, Pita	1 pocket	0.3	106
Bread, Whole Wheat	1 slice	1.6	61
Rice, Brown (cooked)	1 cup	3.3	216
Spaghetti, Whole Wheat (cooked)	1 cup	4.5	174

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Spaghetti (cooked)	1 cup	2.2	197
Cornbread	2 x 2 piece	.95	141
Tortilla (Corn)	1	1.0	67

Breakfast Cereals	Amount (cup)	Dietary Fiber (g)	Calories
All-Bran Extra Fiber™	1/2	13.0	50
All-Bran™	1/3	10.0	70
Bran Buds™	1/3	8.0	70
Bran Chex™	2/3	6.1	90
Corn Bran™	2/3	5.4	109
Corn Flakes	1	1.0	100
Frosted Mini-Wheats™	1/2	3.0	100
Granola-type	1/4	2.0	120
Nutri-Grain™	2/3	3.0	140
Oatmeal	3/4	1.6	108
Bran Flakes	3/4	5	100
Cracklin Oat Bran™	3/4	6	190
Wheaties™	1	3.0	110
Smart Start™	1	2	180
Grape Nuts™	1/2	5	200
Kashi Medley™	1/2	2	100
Fiber One™	1/2	14	60
Raisin Bran	3/4	5.0	120

Bars	Amount (cup)	Dietary Fiber (g)	Calories
All-Bran Fiber Bar™	40g	10	120
Cliff Bar™	68g	5	230-250
Fiber One Chewy Bars™	40g	9	140-150
Gnu Bar™	40g	12	130-150
Luna Bar™	48g	3-4	180-190
Kashi TLC Granola Bar™	35g	4	140
Kashi Go Lean Bar	78g	6	290

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Legumes	Amount (cup)	Dietary Fiber (g)	Calories
Baked (cooked), canned	1	6.0 - 10.0	250
Black Beans (cooked)	1	7.2	227
Kidney (cooked)	1	6.4	225
Lentils (cooked)	1	7.9	231
Lima (cooked)	1	13.5	217
Navy (cooked)	1	6.6	259
Pinto Beans (cooked)	1	6.8	235

Crackers	Amount (cup)	Dietary Fiber (g)	Calories
Wheat Thins™	16 crackers	2	140
Wheatables™	16 crackers	1	150
Triscuit™	7 crackers	4	140
Saltines	8 crackers	.74	100
Whole Wheat Crackers	7 crackers	2.9	134
All Bran Crackers™	18 crackers	5	130

Nuts and Seeds	Amount (cup)	Dietary Fiber (g)	Calories
Almonds	22 nuts/1 oz.	3.1	176
Cashews	18 nuts/1 oz.	1.7	163
Filberts (hazelnuts)	1 oz.	1.8	187
Peanuts	1 oz.	2.2	184
Pecans	15 halves/1 oz.	1.8	190
Popcorn, popped with oil	2 1/2 cups	2.8	142
Sunflower seeds	1 oz.	1.9	75
Peanut butter	2 Tbsp.	1.9	190
Walnuts	14 halves/1 oz.	1.3	182

Vegetables	Amount (cup)	Dietary Fiber (g)	Calories
Broccoli (raw)	1/2 cup	1.2	12
Cauliflower	1/2 cup	1.3	13
Asparagus	1/2 cup	1.9	23

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Green Beans	1/2 cup	1.9	23
Carrot (raw)	1 medium	2.3	31
Celery (raw)	1 stalk	0.6	6
Corn	1/2 cup	1.7	67
Cucumber (sliced)	1/2 cup	0.5	7
Lettuce (shredded)	1 cup	0.4	6
Potato (with skin)	1 large	8.5	310
Mushrooms	1/2 cup	.34	13
Spinach (boiled)	1/2 cup	2.0	21
Greens, Collard	1/2 cup	2.0	30
Tomato (raw)	1 medium	1.6	26
Zucchini (raw)	1/2 cup	0.3	9

Fruit	Amount (cup)	Dietary Fiber (g)	Calories
Apple (with skin)	1 medium	3.0	81
Banana	1 medium	1.8	105
Cantaloupe	1 cup	1.3	57
Grapefruit	1/2 medium	0.7	37
Peach (with skin)	1 medium	1.4	37
Pear (with skin)	1 medium	4.3	98
Honeydew melon	3/4 cup	.8	46
Grapes	1 cup	1.6	114
Pineapple	1 cup	1.8	76
Strawberries	1 cup	3.9	45

## ADDITIONAL SUGGESTIONS TO HELP ALLEVIATE CONSTIPATION

- Eat regular meals, allowing time to completely chew food.
- Drink plenty of non-caffeinated fluids throughout the day. Drink your first fluid upon arising.
- Incorporate regular exercise on a daily basis.
- Never neglect the urge to have a bowel movement. It is important to give this immediate attention.

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 871-5250.