

This diet is used to increase the bulk in the lower bowel and promote regularity in patients with atonic constipation, irritable bowel syndrome, spastic colon and diverticular disease. The diet encourages rapid passage of indigestible carbohydrates (fiber) through the G.I. tract with a decrease in the colonic pressure. This is a regular diet with ample amounts of fresh vegetables, fresh and dried fruits, whole grain breads and cereals, and unprocessed bran.

Approximate composition of High Fiber Diet if suggested meal pattern is followed:

<i>Protein</i>	<i>Fat</i>	<i>CHO (Carbohydrates)</i>	<i>Na (Sodium)</i>	<i>Calories</i>	<i>Fiber</i>
93 gms.	95 gms.	263 gms.	3-4 gms.	2415	23 gms.

This diet is nutritionally adequate as recommended by the National Research Council Recommended Dietary Allowances.

ITEMS	FOODS RECOMMENDED
Vegetables	Three servings per day. Include 1-2 servings per day of raw vegetables, as they contain more fiber than cooked vegetables. A dark green or orange vegetable should be included at least 3 times per week for Vitamin A. Avoid overcooked vegetables.
Fruits	Three or more servings per day. Dried and fresh fruits with edible membrane or peel are most desirable. At least one serving per day of citrus fruit should be included for Vitamin C. Peeled and canned fruits have lost most of their fiber content and should be limited or avoided.
Breads, Cereals & Starches	Breads, rolls, and cereals made from whole grains and bran such as 100% whole wheat bread, shredded wheat, and 100% bran cereals; baked potato with peeling; brown rice; dried beans and peas. Unprocessed bran. Avoid or limit breads and cereals made from refined grains, such as white breads and rolls, cornflakes, Cream of Wheat, white rice, noodles, and saltine crackers due to low fiber content.
Fats & Oils	Use in moderation according to caloric requirements. Nuts are especially high in fiber.
Desserts	Fruit desserts; baked products using whole grain flour.

GENERAL INSTRUCTIONS

1. Include bran in your diet through bran-containing cereal and bread products.
2. Unprocessed bran may be taken with fruit juices or milk, sprinkled on cereals and salads, and put in casseroles. Be imaginative in ways to use bran: add it to homemade breads, muffins, biscuits, and even cornbread!
3. Some flatulence may occur. Do not stop taking bran if this happens.
4. It is important to consume 6-8 cups of water daily.

SUGGESTED MEAL PATTERN			
Breakfast	Fruit Cereal Egg Bread Fat Beverage	½ cup ½ cup 1 1 slice 2 teaspoons 1 cup	Orange Sections Bran Flakes Scrambled Egg Whole Wheat Toast Margarine Milk, Coffee with sugar
Lunch	Meat Vegetables Salad Bread Fat Dessert Beverage	3 ounces 1 cup ½ cup ½ cup 1 2 teaspoons 12 1 cup	Hamburger Vegetable Soup Broccoli Lettuce, Tomato, Onion Whole Wheat Bun Mayonnaise Fresh Grapes Milk
Supper	Meat Vegetables Salad Bread Fat Dessert Beverage	3 ounces ½ cup ½ cup ½ cup 1 medium 2 teaspoons 1 small 1 cup	Fried Chicken Whole kernel corn Green Peas Coleslaw with 1 Tablespoon bran added Bran Muffin Margarine Unpeeled Baked Apple Coffee or Tea

FIBER CONTENT OF FOODS		
Showing Dietary Fiber in Grams per Serving		
<i>Food</i>	<i>Serving for 1 Exchange</i>	<i>Gms.</i>
Fruits		
Apple, fresh	½ large or 1 small 2" dia.	2.0
Apple, cooked	as above	2.0
Apricots, fresh	2 medium	1.4
Banana, fresh	½ small	1.5
Blackberries, fresh	½ cup	4.5
Cherries, fresh	10 medium	1.1
Figs, dried	1 medium	3.7
Grapefruit, fresh	½	0.8
Grapes, black fresh	15	0.5
Grapes, white fresh	12	0.5
Melon, cantaloupe	½ small	1.6
Melon, honeydew	1/8 small	1.5
Melon, watermelon	1 cup	1.4
Nectarines, raw	1 small	1.5
Orange, fresh	1 small	1.6
Peach, fresh	1 medium	2.3
Pear, fresh	1 small	2.0
Pineapple, fresh	½ cup	0.8
Plum, fresh	3 small	1.8
Prunes, fresh	2 medium	2.8
Raisins, fresh	2 Tablespoons	1.0
Raspberries, fresh	½ cup	4.6
Strawberries, fresh	1 cup	3.1
Tangerine, fresh	1 medium	2.0

FIBER CONTENT OF FOODS		
Showing Dietary Fiber in Grams per Serving		
<i>Food</i>	<i>Serving for 1 Exchange</i>	<i>Gms.</i>
Breads		
Pumpernickel	¾ slice	1.4
Cornbread	½ slice	1.1
French	1 slice	0.7
Rye	1 slice	0.8
White	1 slice	0.7
Whole Meal	1 slice	2.1
Whole Wheat	1 slice	1.3
Roll dinner, white	1	0.6
Roll dinner, whole wheat	1	1.2
Cereals		
All Bran 100%	1/3 cup	8.4
Bran Chex	½ cup	4.1
Corn Chex	¾ cup	2.6
Corn Bran	½ cup	4.4
Corn Flakes	¾ cup	2.6
Grape Nut Flakes	2/3 cup	2.5
Grape Nuts	3 Tablespoons	2.7
Oat Bran, Dry	¼ cup	5.3
Oat Flakes	½ cup	2.5
Oatmeal, Inst. Dry	¾ package	2.5
Oats, Whole Dry	¼ cup	2.9
Post Toasties	1 cup	2.6
Puffed Wheat	1 cup	3.4
Ralston Dry	3 Tablespoons	2.1
Shredded Wheat	1 Biscuit or ½ cup	2.8
Total	¾ cup	2.5
Wheaties	¾ cup	2.6

FIBER CONTENT OF FOODS		
Showing Dietary Fiber in Grams per Serving		
<i>Food</i>	<i>Serving for 1 Exchange</i>	<i>Gms.</i>
Starchy Vegetables		
Corn, sweet, fresh	½ medium, ½ cup	2.6
Lima beans	½ cup	8.3
Peas, canned, cooked	½ cup	6.7
Potato, white, baked	1 small or ½ medium	1.9
Potato, sweet	¼ cup	2.6
Squash, acorn winter, cooked	½ cup	3.5
Miscellaneous (Pastas, Crackers, etc.)		
Cornmeal, fine	2 Tablespoons	1.6
Cracker, graham	2 squares	1.4
Cracker, rye, light	3 wafers	2.3
Cracker, saltine	6 crackers	0.8
Flour, rye dark	2½ Tablespoons	2.5
Flour, rye, light	2½ Tablespoons	0.5
Flour, self-rising	2½ Tablespoons	0.7
Flour, wheat, white, refined	2½ Tablespoons	0.5
Flour, wheat, whole meal	2½ Tablespoons	1.8
Flour, wheat, whole wheat	2½ Tablespoons	1.4
Macaroni, cooked	½ cup	0.6
Popcorn, popped	3 cups	3.0
Rice, brown cooked	½ cup	1.6
Rice, white, cooked	½ cup	0.5
Spaghetti, cooked	½ cup	0.8
Beans		
Brown, cooked	½ cup	8.4
Kidney, cooked	½ cup	9.7
Pinto, cooked	½ cup	8.9
White, cooked	½ cup	7.9
Lentils, cooked	½ cup	3.7

FIBER CONTENT OF FOODS		
Showing Dietary Fiber in Grams per Serving		
<i>Food</i>	<i>Serving for 1 Exchange</i>	<i>Gms.</i>
Vegetables		
Asparagus, cooked	½ cup	3.5
Bean Sprouts, fresh	½ cup	1.5
Beans, green, cooked	½ cup	2.1
Beets, cooked	½ cup	2.1
Broccoli, cooked	½ cup	3.5
Brussels Sprouts	½ cup	2.3
Cabbage, white, cooked	½ cup	2.1
Carrots, raw	½ cup	1.8
Cauliflower, cooked	½ cup	1.6
Celery, raw	½ cup	1.1
Cucumber, raw	½ cup	1.1
Eggplant, raw	½ cup	2.5
Kale, cooked	½ cup	1.3
Lettuce, fresh	1 cup	0.8
Mushrooms, raw	½ cup	0.9
Mustard greens, raw	1 cup	2.0
Okra, raw	½ cup	1.6
Onions, raw	½ cup	1.2
Pepper, green	½ cup	1.1
Radishes, raw	½ cup	1.3
Spinach, fresh	1 cup	0.2
Squash, summer, cooked	½ cup	2.0
Squash, winter, cooked	1 cup	7.0
Tomato, cooked	½ cup	1.5
Tomato, raw	1 large	1.5
Turnip, cooked	½ cup	2.0
Zucchini, raw	½ cup	2.0