



HARDEEP M. SINGH, M.D., F.A.C.P., A.G.A.F.

Diplomate of the American Board of Internal Medicine
and the Subspecialty Board of Gastroenterology

**Gastroenterology,
Hepatology, Pancreaticobiliary Disease**

1010 West La Veta Avenue, Suite 570,
Orange, CA 92868

16300 Sand Canyon, Suite 301,
Irvine, CA 92618

Phone 714.835.7700 | Fax 714.835.8145

DrSingh@SouthernCalGI.com | SouthernCalGI.com

Dietary Recommendations for High Fiber Intake

A fiber diet is beneficial for colon health. A diet that is rich in fiber may decrease the risk of developing polyps and colon cancer. Fiber may also help reduce cholesterol. In general, it is recommended that you get 25-30 grams of fiber per day in your diet.

Types of Dietary Fiber

Most plant foods (vegetables, fruit and grains) contain both insoluble and soluble fiber in varying proportions. Only certain plant foods contain significant amounts of prebiotic fiber.

Insoluble fiber, as the name indicates, doesn't dissolve in water. However, it has high water content that makes the stool softer, larger and more frequent (thereby enabling your body to rid itself of toxins). People who don't consume enough insoluble fiber tend to have less frequent bowel movements and suffer from constipation.

Foods rich in insoluble fiber

- Whole grain
- Wheat grain
- Brown rice
- Nuts and seeds
- Cauliflower
- Green beans
- Potatoes
- Skins of fruits

Soluble fiber is processed by the colon bacteria which derive nourishment from it. This nourishment enables them, in turn, to produce vitamins and minerals that make us healthy and strong.

Foods rich in soluble fiber

- Oranges
- Apples
- Bananas
- Oats
- Legumes (peas and beans)
- Broccoli
- Carrots

Prebiotic Soluble Fiber (Fermentable Fiber) improves the function of the digestive system and feeds probiotic bacteria. It may be difficult to imagine that by simply including prebiotic fiber-rich foods that you can significantly improve the function of your digestive system, and in many ways affect your overall health.

Foods rich in prebiotic fiber

- Artichokes
- Bananas
- Barley
- Legumes
- Onions
- Oatmeal
- Flax
- Garlic
- Dandelion greens, chard and kale
- Berries
- Dairy products
- Honey
- Leeks

Each type of fiber plays its own distinctive role in regulating the digestive system.

These are some of the changes that regular inclusion of dietary fiber in your diet can make in your overall health

- Increases good colon bacteria, while decreasing the bad
- Regulates the frequency of bowel movement
- Regulates stool's density
- Contributes to colon's health
- Shortens the time stool lingers in the colon, thereby reducing the risk of developing polyps and colon cancer
- Provides the feeling of satiety, which controls appetite and stimulates weight loss
- Promotes a healthy immune system
- Increases Calcium absorption and helps improve bone density
- Decreases the risk of developing Type 2 Diabetes
- Lowers cholesterol levels
- Has protective effect on heart health
- Lowers susceptibility to allergies
- Reduces risk of developing asthma
- The recommended amount of total dietary fiber is 25-35 grams per day.

These dietary recommendations are specifically meant for the condition which it treats.