

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____



High-Fiber Nutrition Therapy

- Fiber and fluid may help you feel less constipated and bloated and can also help ease diarrhea.
- Increase fiber slowly over the course of a few weeks. This will keep your symptoms from getting worse.

Tips for Adding Fiber to Your Eating Plan

- Slowly increase the amount of fiber you eat to 25 to 35 grams per day.
- Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
- Have brown or wild rice instead of white rice or potatoes.
- Enjoy a variety of grains. Good choices include barley, oats, farro, kamut, and quinoa.
- Bake with whole wheat flour. You can use it to replace some white or all-purpose flour in recipes.
- Enjoy baked beans more often! Add dried beans and peas to casseroles or soups.
- Choose fresh fruit and vegetables instead of juices.
- Eat fruits and vegetables with peels or skins on.
- Compare food labels of similar foods to find higher fiber choices. On packaged foods, the amount of fiber per serving is listed on the Nutrition Facts label.
- Check the Nutrition Facts labels and try to choose products with at least 4 g dietary fiber per serving.
- Drink plenty of fluids. Set a goal of at least 8 cups per day. You may need even more fluid as you eat higher amounts of fiber. Fluid helps your body process fiber without discomfort.

Recommended Foods

Foods with at Least 4 g Fiber per Serving

Food Group	Choose
Grains	1/3-1/2 cup high-fiber cereal
Dried beans and peas	1/2 cup cooked red beans, kidney beans, large lima beans, navy beans, pinto beans, white beans, lentils, or black-eyed peas
Vegetables	1 artichoke (cooked)
Fruits	1/2 cup blackberries or raspberries 4 dried prunes

Foods with 1 to 3 g Fiber per Serving

Food Group	Choose
Grains	1 bagel (3.5-inch diameter) 1 slice whole wheat, cracked wheat, pumpernickel, or rye bread 2-inch square cornbread 4 whole wheat crackers 1 bran, blueberry, cornmeal, or English muffin ½ cup cereal with 1-3 g fiber per serving (check dietary fiber on the product's Nutrition Facts label) 2 tablespoons wheat germ or whole wheat flour
Fruits	1 apple (3-inch diameter) or ½ cup applesauce ½ cup apricots (canned) 1 banana ½ cup cherries (canned or fresh) ½ cup cranberries (fresh) 3 dates 2 medium figs (fresh) ½ cup fruit cocktail (canned) ½ grapefruit 1 kiwi fruit 1 orange (2½-inch diameter) 1 peach (fresh) or ½ cup peaches (canned) 1 pear (fresh) or ½ cup pears (canned) 1 plum (2-inch diameter) ¼ cup raisins ½ cup strawberries (fresh) 1 tangerine
Vegetables	½ cup bean sprouts (raw) ½ cup beets (diced, canned) ½ cup broccoli, brussels sprouts, or cabbage (cooked) ½ cup carrots ½ cup cauliflower ½ cup corn ½ cup eggplant ½ cup okra (boiled) ½ cup potatoes (baked or mashed) ½ cup spinach, kale, or turnip greens (cooked) ½ cup squash—winter, summer, or zucchini (cooked) ½ cup sweet potatoes or yams ½ cup tomatoes (canned)
Other	2 tablespoons almonds or peanuts 1 cup popcorn (popped)

Sample 1-Day Menu

Meal	Food Choices	Dietary Fiber
Breakfast	½ cup raisin bran with 1 cup skim milk ½ cup orange juice with pulp 1 cup coffee	2.5 grams 0.25 gram
Lunch	1½ cups chili made with ½ cup kidney beans and ¼ cup soy crumbles per serving and topped with 2 tablespoons shredded cheese 8 wheat crackers 1 fresh apple (with skin) 2 cups water or sugar-free lemonade	11.2 grams 0.7 gram 2.5 grams
Snack	8 oz yogurt 2 cups water	
Evening Meal	2 cups mixed fresh vegetables, with 2 ounces sliced chicken and 1 ounce firm tofu 1 cup jasmine rice ½ cup fresh raspberries, blueberries, and sliced bananas 1 cup hot tea	6 grams 1.5 grams 3.5 grams
Snack	2 tablespoons almonds 1 cup hot chocolate	3.3 grams

Notes:

Sample Meal Plan

Use this form to develop an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Notes: