



CENTER OF SURGICAL EXCELLENCE

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HIGH FIBER DIET

Purpose: The high-fiber diet provides bulk in the diet and helps keep bowels regular.

Use: This diet can be used in relieving symptoms, in the prevention or treatment of diverticular disease, hemorrhoids, constipation, cancer of the colon, Crohn's disease, hypercholesterolemia, obesity, and irritable bowel syndrome.

Dietary Guidelines

- Scan food labels for bread and cereal products listing whole grain or whole wheat as the first ingredient.
- Look for cooked and ready to eat cereals with at least 3 grams of fiber per serving.
- Eat raw fruits and vegetables; they have more fiber than cooked or canned foods, or juice. Dried fruits (especially dried figs) are also good sources of fiber.
- Increase fiber in meat dishes by adding pinto beans, kidney beans, black-eyed peas, bran, or oatmeal.
- Try adding 2-3 tsp. of unprocessed wheat bran to foods such as meatloaf, casseroles, homemade breads, muffins and other baked goods.
- Dairy foods provide little fiber. Increase fiber by adding fresh fruit, whole grain or bran cereals, nuts, or seeds to yogurt or cottage cheese.
- Chopping, peeling, cooking, pureeing, and processing may reduce fiber content.
- Substitute oat bran for one third of all purpose flour in baked goods recipes.
- Best to eat a variety of foods and not to rely on a fiber supplement.
- Do it gradually – rapid fiber increase may result in gas, cramping, bloating, or diarrhea.
- Drink plenty of fluids – at least 8 cups every day.

BREADS & GRAINS 6-11 servings each day

- Whole grain breads, muffins, bagels, or pita bread
- Rye bread
- Whole wheat crackers or crisp breads
- Whole grain or bran cereals
- Oatmeal, oat bran, or grits
- Barley, dry
- Wheat germ
- Whole wheat pasta
- Brown rice

VEGETABLES 3-5 servings each day

All vegetables such as asparagus, broccoli, cabbage, carrots, green beans, green pepper, onions, peas, potatoes with skin, snow peas, spinach, squash, sweet potatoes, tomatoes, zucchini.

FRUIT 2-4 servings each day

All fruits such as apple, banana, berries, grapefruit, nectarine, orange, peach, and pear.

MILK & DAIRY 2-3 servings each day

All

MEAT & MEAT SUBSTITUTES 2-3 servings or total of 6 oz. daily.

- All beans and peas such as garbanzo beans, kidney beans, lentils, lima beans, split peas, and pinto beans.
- All nuts and seeds such as almonds, peanuts, brazil nuts, cashews, peanut butter, walnuts, sesame and sunflower seeds.
- All meat, poultry, fish, and eggs.

If you are following a low fat diet, use nuts and seeds only in moderation.

FATS & SNACKS

- Popcorn, whole-wheat pretzels, baked tortilla corn chips or trail mix made with dried fruits, nuts, and seeds.
- Cakes, breads, and cookies made with oatmeal, fruit, and nuts
- Bean dip